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OUR SCRAP BOOK,

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Useful and Entertaining

INFORMATION

FOR

Everybody:

INCLUDING

Biography, Business,
Health and Miscellany.

Number One.

W. L. WEST,

Compiler and Publisher,

126 CLARK STREET,

CHICAGO.

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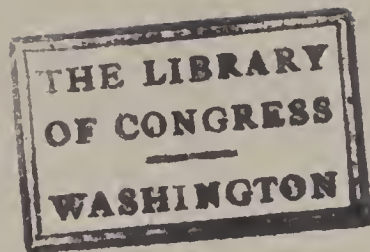
W. L. WEST,

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126 CLARK STREET,

CHICAGO.

(1875)



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OUR SCRAP BOOK.

BIOGRAPHY.

ABRAHAM LINCOLN.

Sketch of His Early Life.

So far as the first twenty or twenty-five years of his life are concerned nothing else has yet been published which is worth attention when compared with the fulness of detail now furnished.

Abraham Lincoln, born February 12, 1808, was the son of Thomas Lincoln and Nancy Hanks. The Lincolns were emigrants directly from England to Virginia, or an offshoot of the historic Lincoln family in Massachusetts, or of the highly respectable Lincoln family in Pennsylvania, are questions left entirely to conjecture. Thomas Lincoln stoutly denied that his progenitors were either Quakers or Puritans; but he furnished nothing except his own word to sustain the denial; on the contrary, some of the family who remain in Virginia believe themselves to have sprung from the New England stock. The late President lived and died in the belief that his ancestors came from Berks County, Pennsylvania. Of the

Hanks family next to nothing is or ever will be known. About the time of the Revolution it had an existence in Virginia; subsequently some of its members moved into Kentucky and settled near the Lincolns. Both families belonged to the class of "poor whites;" Abraham is the only member of either worthy of notice, except as they derive an interest from his relationship.

Whether the father of Thomas was named Abraham or Mordicai is a matter of serious doubt. The martyr President believes it to have been Abraham; the Hanks family all insist that it was Mordicai. Whatever his name, he had for children three sons and two daughters, of whom Thomas, born in 1778, was the third son and fourth child. When this lad was 2 or 3 years old the family emigrated from Rockingham County, Virginia, to what is now Mercer County, Kentucky. There the father built a rough log-cabin on a little clearing, in the midst of a vast forest. Two or three years later he was shot dead one morning by Indians while building a fence near his hut, and the boy Thomas barely escaped with his life. The widow at once moved into Washington County with her children, and appears to have lived there during the rest of her life. In that neighbourhood two of her sons and both her daughters married and lived respectably—the sons being counted among the best people of the section. Of these uncles and aunts, Abraham appears to have made no account.

Thomas was little more than a good-natured vagabond through youth and the earlier part of his manhood. He would not remain at home with his mother when a boy, but roved about through three or four counties—idle, thriftless, given to hunting, wrestling, story-telling, fond of frequenting wayside taverns and country stores, careless of gain or money, expert in the use of the rifle, addicted to long tramps with or without a companion. He grew up short and stout, weighing

about 175 pounds when he became of age, had dark and coarse hair, brown complexion, full and round face, grey eyes, large and prominent nose, was a little stooping in figure, walked with a slow and halting step, was peaceable but brave and sinewy, and a tremendous man in a rough-and-tumble fight. This was the father of Abraham Lincoln in his younger days. Men of this type are common enough throughout the country regions of the South even at this day. He could neither read nor write till after his marriage; ostensibly he was a carpenter by trade, but he never built a house or a barn; was neither a boss workman, a fair journeyman, nor even a "steady hand;" he liked odd jobs requiring but a few days for their accomplishment; had such skill only as went to the making of benches, cupboards, etc. In politics he was a democrat of the straightest sect, as became a good Kentuckian; early in life, he was a Free-will Baptist in his religious ideas, though later he drifted over into Presbyterianism. The family name was pronounced "Linckhorn" both in Virginia and Kentucky; in Indiana, for while, it was "Linkhern;" when the boy Abraham had learned to write a little he corrected it to Lincoln.

This thriftless, happy-go-lucky Thomas finally loafed into Elizabethtown, Hardin County, there worked on and off at his trade, and courted one Sally Bush, a neat, pious, modest girl, who was accounted a "proud body" because she held herself aloof from the rude and roystering folks of the place with whom her lot was cast. She rejected his suit, but subsequently became his second wife and was the "mother" of whom Abraham, boy and man, always spoke in love and tenderness. Unsuccessful with this girl, Thomas fell in love with Nancy Hanks, and she accepted him some time in 1806 when he was 28, and she about 23. It is admitted by all the old residents of Elizabethtown that they were honestly married, but precisely when or how no one can tell. Diligent and thorough

searches by the most competent persons have failed to discover any trace of the fact in the public records of Hardin and the adjoining counties. The license and the minister's return, in the case of Lincoln and his second wife, were easily found in the place where the law required them to be; but of Nancy Hank's marriage there exists no evidence except that of mutual acknowledgment and cohabitation. It is stated that she was a slender, symmetrical woman, of medium stature, a brunette, with dark hair, regular features, and soft, sparkling hazel eyes. Tenderly bred she might have been beautiful; but hard labor and hard usage bent her handsome form and imparted an unnatural coarseness to her features long before the period of her death, which took place about twelve years after her marriage. She had a hard, and wearying, and wholly unenviable life, and toward its close, her face wore an inexpressible sad and woful expression. This woman was the mother of Abraham Lincoln.

The newly-married couple began life in a house or shed, fourteen feet square, on an alley in Elizabethtown, which was still standing half a dozen years ago, and used as a stable. Compared with the mental poverty of her husband and relatives, the bride's accomplishments were certainly very great; for it is related by them with pride and delight that she could actually read and write. The possession of these arts placed her far above her associates, and after a little while even her husband began to meditate upon the importance of acquiring them. He set to work accordingly, in real earnest, having a competent mistress so near at hand; and with much effort she taught him what letters composed his name, and how to put them together in a stiff and clumsy fashion. Henceforth he signed no more by making his mark; but it is nowhere stated that he ever learned to write anything else, or to read either written or printed letters. He speedily

wearied of Elizabethtown and his trade, thought he could do better as a farmer and accordingly, in 1807, soon after the birth of his first child, a daughter, removed some thirteen miles out from town to a tract of land on the south fork of what was called Nolin Creek. It was a miserable section of country, nearly destitute of timber, covered with weeds and low bushes, scarcely worth tillage or occupancy. The family took up their residence in a forlorn cabin, standing on a little knoll in the midst of a barren glade; whereof a few loose stones lying about still mark the site. Here Abraham Lincoln was born February, 12, 1809.

Here the family remained till the future President was 4 years of age, when they moved six or eight miles to a location on Knob Creek. This farm was well timbered, and more hilly than the one on Nolin Creek. It contained some rich valleys, which promised some excellent yields, so that Lincoln bestirred himself most vigorously, and actually got into cultivation the whole of six acres, lying advantageously up and down the branch. This however, was not all the work he did, for he still continued to potter occasionally at his trade; but, no matter what he turned his hand to, his gains were equally insignificant. Nothing prospered with him except his love for hunting, story-telling and loafing. He was satisfied with indifferent shelter and a diet of corn-bread and milk, apparently troubled himself very little about his wife or children, and sent his boy to such wretched schools as the place afforded to keep him out of the way and bear his sister company. This youngster Abraham fished up and down the creek with his cousin, Denis Hanks, hunted ground-hogs with a boy named Duncan and showed great zest in the sport, and roved the hills and climbed the trees with a companion named Gallaher. On one occasion, when attempting to "coon" across the stream, by swinging over on a sycamore

tree, Abraham lost his hold, and, tumbling into deep water was saved only by the utmost exertions of the Gallaher boy. This is all the record that the most painstaking of biographers can give us of the first seven years of the life of the lad who was to make such a grand figure in the world's history. It was the narrowest and most meagre of lives.

Lincoln, the father, slowly drifted downward. He was gaining neither riches nor credit; and, being a wanderer by natural inclination, began to long for a change. His decision however, was hastened by certain troubles which culminated in a desperate combat between him and one Abraham Enlow. They fought like savages; but Lincoln obtained a signal and permanent advantage by biting off the nose of his antagonist. This affray and the fame of it made Lincoln more anxious than ever to escape from Kentucky, and he therefore resolved to leave the state forever, and seek a home north of the Ohio. "It has pleased some of the Abraham Lincoln's biographers," says Colonel Laman, "to represent this removal of his father as a flight from the taint of slavery. Nothing could be further from the truth. There were not at that time more than fifty slaves in all Hardin County, which then comprised a vast area of territory. It was practically a free community. Lincoln's more fortunate relatives in other parts of the state were slaveholders; and there is not the slightest evidence that he ever disclosed any conscientious scruples against slaveholding." In the fall of 1816 the man went over into Indiana and selected a place about sixteen miles from Troy, on the Ohio River, and thither moved his family, "packing" his wife and children and scant stock of household goods through on horses.

The family settled on Pigeon Creek, about a mile and a half east of the present village of Gentryville. The whole country was covered with a dense forest of large growth, devoid of

underbrush; "deer-licks" abounded on every hand: the soil was deep and strong, and everything grew wildly luxuriant, the natural grazing was good, and hogs found abundant sustenance in the prodigious quantity of "mast." There were only seven or eight older settlers than the Lincolns in the neighborhood; the nearest town was some sixteen miles distant; the country was without roads, churches, or school-houses; traveling was done on foot, or on horseback, or by means of canoes; the whole state, admitted into the Union that year, had a population of but 65,000; corn and pork were the principal articles of food; but little wheat was grown in all the section, and the Pigeon Creek settlers had to go seven or eight miles to mill, and then grind their twelve or fifteen bushels of grain per day by hand; deer, bears, turkeys, and smaller game were very plenty, and the squatter's rifle and its belongings were his most valuable property; the people were kind, accommodating and social in a rude fashion, somewhat given to immorality, drunkenness and petty thieving. Lincoln squatted on a hillock, built a half-faced camp of poles, fourteen feet square, enclosed on three sides and open on the fourth, without windows or doors or any floor save the earth. In this he lived for a year, cleared up a little land and raised a small crop of corn and vegetables. In the following year, 1817, he built a larger cabin, of rough unhewed logs, inclosed on all sides, but for two or three years without floor or doors. In this year he also entered and laid claim to 160 acres of land, but at the end of ten years he had paid the government price for but half of it, and in June, 1827, there was issued to "Thomas Lincoln, alias Linkhern," a patent for 80 acres, signed by John Quincy Adams as President. This location was the home of the family for about fourteen years, and here the character of Abraham Lincoln was formed. He was a sportive but serious-faced lad of sev-

en when he went there to live; and an ungainly, long-legged, strong-limbed gawky of about 21 when he and the family emigrated to Illinois.

For two or three years after settling, Tom Lincoln, as he was universally called, lived along about as he had in Kentucky. His wife was broken with care and trouble, old and worn long before her time; their two children could not go to school, for there were then no schools within walking distance; the father cared nothing for education, and the mother seems to have lost the buoyant spirit she had when married. Lincoln did not like to farm, and he never got much of his land under cultivation. His principal crop was corn; and this, with the game which a rifleman so expert would easily take from the woods around him mainly supplied his table. It does not appear that he employed any of his mechanical skill in completing and furnishing his own cabin. It has already been stated that the latter had no window, door, or floor. But the furniture—was even worse than the house. Three-legged stools served for chairs. A bedstead was made of poles stuck in the cracks of the logs in one corner of the cabin, while the other end rested in the crotch of a forked stick sunk in the earthen floor. On these were laid some boards, and on the boards a “shake-down” of leaves covered with skins and old petticoats. The table was a hewed puncheon, supported by four legs. They had a few pewter and tin dishes to eat from, but the most minute inventory of their effects makes no mention of knives or forks. Their cooking utensils were a Dutch oven and a skillet. Abraham slept in the loft, to which he ascended by means of pins driven into holes in the wall,

In the summer of 1818 the Pigeon Creek settlements were visited by a fearful disease, called, in common parlance, “the milk sickness.” It swept off the cattle which gave themilk,

as well as the human beings who drank it, and it seems to have prevailed in the neighborhood for many years. The termination of the disease was not generally sudden, but the proportion of those attacked who finally died was very large. There was no physician in the country—not even a pretender to the science of medicine; and the nearest regular practitioner was over in Kentucky, thirty miles distant. There is neither record nor tradition that his services were ever secured. Tom Lincoln was handier with tools than any other man in the neighborhood; when any one died he was called on to make the coffin, which he “cut out of green lumber with a whip-saw.” So he fashioned the rude boxes in which were laid away the bodies of Thomas and Betsey Sparrow, the aunt and uncle of his wife, with whom she lived in Kentucky when a little girl, who followed the Lincolns to Indiana about a year after their removal. Two or three days after their burial Mrs Lincoln herself died—Oct, 5, 1818. Tom took to the green lumber again, and made a box for the body of his wife, which was buried on the summit of a wooded knoll half a mile from the rude cabin in which the family lived, and along-side the newly made graves of the Sparrows. No funeral ceremonies were held at the time, but a few months later a commemorative sermon was preached by an itinerant missionary. As the year went on, other graves were made on the knoll. At the present time they are all sunken, crumbled in, and covered with wild vines in deep and tangled mats. The great trees were originally cut away to make a small cleared space for this primitive graveyard; but the young dog-woods have sprung up unopposed in great luxuriance, and in many instances the names of pilgrims to the burial-place of the great Abraham Lincoln’s mother are carved in their bark. With this exception the spot is wholly unmarked. Her grave never

had a stone nor even a board at its head or its foot: and the neighbors still dispute as to which one of these unsightly hollows contains the ashes of Nancy Lincoln.

Thirteen months after the burial of Abraham's mother, Tom Lincoln appeared at Elizabethtown, Ky., in search of a wife. The Sally Bush whom he first courted, and by whom he was rejected in 1805, had now been the widow Johnston for about four years, with a son and two daughters for children: Lincoln appears to have loved her as devotedly as it was possible for such a careless fellow to love any woman. Presenting himself to her, he opened his suit in an abrupt manner— "Well, I have no wife, and you have no husband. I came a purpose to marry you; I knowed you from a gal, and you knowed me from a boy. I have no time to lose; and, if you are willin', let it be done straight off." To this she replied, "Tommy, I know you well, and have no objection to marrying you; but I cannot do it straight off, as I owe some debts that must first be paid." Despite this plea for delay she married him the very next day, and they at once started for Indiana, going with a hired four-horse team. She was spoken of in Elizabethtown as a "poor widow," but she possessed goods, which, in the eyes of Tom Lincoln, were of almost unparalleled magnificence. Among other things, she had a bureau that cost \$40; and he informed her, on their arrival in Indiana, that, in his deliberate opinion, it was little less than sinful to be the owner of such a thing. He demanded that she should turn it into cash, which she positively refused to do. She had quite a lot of other articles, however, which he thought well enough in their way, and some of which were sadly needed in his miserable cabin in the wilds of Indiana. Dennis Hanks speaks with great rapture of the "large supply of household goods" which she brought out with her. There was "one

fine bureau, one table, one set of chairs, one large clothes-
cheat, cooking utensils, knives, forks, bedding, and other
articles."

"When the new Mrs. Lincoln reached her Indiana home, she was much 'surprised,' the old townsmen say, at the poverty and meanness of the place. She had evidently been given to understand that the bridegroom had reformed his old Kentucky ways, and was now an industrious and prosperous farmer. She was scarcely able to restrain the expression of her astonishment and discontent; but, though sadly overreached in a bad bargain, her lofty pride and her high sense of Christian duty saved her from hopeless and useless repinings. On the contrary, she set about mending what was amiss with all her strength and energy. Her own goods furnished the cabin with tolerable decency. She made Lincoln put down a floor, and hang windows and doors. It was in the depth of winter; and the children, as they nestled in the warm beds she provided them, enjoying the strange luxury of security from the cold winds of December, must have thanked her from the bottoms of their newly-comforted hearts. She had brought a son and two daughters of her own, but Abe and his sister, the ragged and helpless little strangers to her blood, were given an equal place in her affections. They were half naked, and she clad them from the stores of clothing she had laid up for her own. They were dirty, and she washed them: they had been ill-used, and she treated them with motherly tenderness. In her own modest language, she 'made them look a little more human.' 'In fact,' says Dennis Hanks, 'in a few weeks all had changed; and where everything was wanting, now all was snug and comfortable. She was a woman of great energy, of remarkable good sense, very industrious and saving, and also very neat and tidy in her person and

manners, and knew exactly how to manage children. She took an especial liking to young Abe. Her love for him was warmly returned, and continued to the day of his death. But few children loved their parents as he loved his step-mother. She soon dressed him up in entire new clothes, *and from that time on he appeared to lead a new life.* He was encouraged by her to study, and any wish on his part was gratified when it could be done. The two sets of children got along finely together, as if they had all been the children of the same parents. Mrs. Lincoln soon discovered that young Abe was a boy of uncommon natural talents; and that, if rightly trained, a bright future was before him, and she did all in her power to develop those talents. When, in after years, Mr. Lincoln spoke of his ‘saintly mother,’ and of his ‘angel of a mother,’ he referred to this noble woman, who first made him feel like a human being,—whose goodness first touched his childish heart, and taught him that blows and taunts and degradations were not likely to be his only portion in the world.

It was in December, 1819, that he came under the care of this woman, being then within two months of eleven years of age, if the dates can be regarded as trustworthy, as to which it must be said that they do not quite tally one with another in all cases. The boy had apparently learned to read and write, though he had been given but a few weeks of schooling, and that in Kentucky. The new mother had a great liking for him and wished him to go to school. But schools were remote, and teachers the merest pedagogues of “readin, ritin and rithmetic;” they could not teach what they themselves did not know, and were but indifferent teachers of what little they did know; the Lincoln family, like all its neighbors, was poor, and the head of it set no great store by education; Abe was wanted for odd jobs in the carpen-

ter's rude shop and the puttering work on the farm; and all his school days for half a dozen years did not aggregate a twelve-month; what further education he obtained came from his step-mother, and eager, self-imposed study. He was quick in the acquisition of knowledge; excelled in the evening and afternoon "spelling matches" of the time and place; kindly of heart, full of vitality, always in good health and humor; given to fun and merry-making; fond of tramps over the hills and through the woods, but not of manual labor; rarely cross to any body, and quite ready to join in any game of play or any intellectual exercise.

He grew rapidly, and became homelier every day. At sixteen he was six feet and two inches tall, lean and wiry, and strong and elastic; a great jumper and runner, and wrestler; had a small head and large ears and nose, big feet and hands, legs far too long for his body, skin yellow and shrivelled even then; he wore low shoes, buckskin breeches, linsey-woolsey shirt, and a cap of coon or possum skin; the breeches clung to his thighs and legs, but failed by a large space to reach his shoes—"twelve inches remained uncovered, and exposed that much of shin-bone, blue, sharp, and narrow." At about this time, or a little earlier, he began to put his ideas on paper, first writing short sentences, one of his playmates says, against cruelty to animals, and at length coming forward with a regular "composition" on the subject. He was much annoyed and pained by the conduct of the boys, who delighted to catch small turtles and pile coals of fire on their backs. He was obliged to give up even the pretence of going to school when seventeen years of age,—none of the teachers thereabouts could teach him any further.

But he continued his studies at home, or wherever he was hired out to work. He professed no liking for the labor of shops or farms, but readily and absorbingly gave himself up

to any book on which he could lay his hands. He liked to lie under the trees or up in the loft of the cabin and read, cipher and scribble. At night he sat at the chimney "jamb" and ciphered by the light of the fire, on the wooden fire-shovel. When the shovel was fairly covered he would shave it off with Tom Lincoln's draw-knife and begin again. In the daytime he used boards for the same purpose out of doors, and went through the shaving process everlastingly. His step-mother repeats often that "he read every book he could get hold of; and when he came across a passage that struck him he would write it down on boards if he had no paper, and keep it there until he did get paper. Then he would rewrite it, look at it, repeat it. He had a copy book, a kind of scrap-book, in which he put down all things, and thus preserved them." Speaking of the same time of life old John Hanks says that when he and Abe returned from work at night the gawky young man would snatch a piece of corn-bread from the cupboard, seize a book, sit down on a chair or stool, cock his heels as high as his head, and read as long as he could see. On what intellectual meats did this coming President feed? He had Esop's Fables, Robinson Crusoe, Pilgrim's Progress, a History of the United States, Weem's Life of Washington, the Revised Statutes of Indiana, and one or two others not recollected by his old associates. The Washington he borrowed of a neighbor, Josiah Crawford. It was eagerly read in the intervals of work, and when not in use was carefully deposited on a shelf, made of a clapboard laid on two pins. But just behind the shelf there was a great crack between the logs of the wall: and one night, while Abe was dreaming in the loft, a storm came up, and the rain, blown through the opening, soaked his precious book from cover to cover. Crawford was a sour and churlish fellow at best, and flatly refused

to take the damaged book back again. He said that, if Abe had no money to pay for it, he could work it out. Of course, there was no alternative; and Abe was obliged to discharge the debt by "pulling fodder" three days, at 25 cents a day. The bible, according to his step-mother, was not one of his studies; "he sought more congenial books," she simply said to the biographer.

This avidity for books was not to the notion of young Lincoln's father. The boy was as full of his yarns and quirks then as in later life; he was pleasant about the house and among the neighbors; everybody stood ready to do a good turn for "Abe Linkhern" but his own father; he had no special antipathy for the boy, but treated him with much coarseness, "with great barbarity" says one witness, though the phrase seems too strong. But the old man had some grievances, and took no pains to hide his dislike of things. Abe not only read all the books he could borrow, and untiringly pegged away at his scrap-book when he might have been at work, but he began to make his mark as a talker, or a "preacher," his step-sister says. He had a very retentive memory, and frequently amused his young companions by repeating long extracts from books he had been reading. Sometimes when the old folks were at church on Sunday he carried on preaching at home, with the children as his auditors. On Mondays he frequently mounted a stool or stump and repeated the sermon he had heard from the parson on the preceding day. Moreover, he occasionally tried his tongue on some phase of what he called politics. This practice of preaching and political speaking into which he had fallen, at length became a great nuisance to old Tom. It distracted everybody, and sadly interfered with the work. If Abe had confined his discourses to Sunday preaching, while the old folks were away, it would not have been so

objectionable. But he knew his power, liked to please everybody, and was sure to set up as an orator wherever he found a great number of people together. When it was announced that Abe had taken the "stump" in the harvest-field, there was an end of work. The hands flocked around him, and listened to his curious speeches with infinite delight. "The sight of such a thing amused all," says Mrs. Lincoln; though she admits that her husband was compelled to break it up with a strong hand; and poor Abe was many times dragged from the platform and hustled off to his work in no gentle manner.

There is no such thing as controverting the testimony— young Lincoln did not like to work. He generally did what he undertook, but was slow to undertake anything. Occasionally he labored in the shop with his father, but never tried to learn the trade thoroughly, and declared he would never be either a farmer, or carpenter. He was fond of home delights, liked to be around among the neighbors, excelled in what may be denominated household "chores." He tried his hand at pretty much every kind of labor there was in such a back-woods locality, working fairly enough while he did work, never loth to take a new job if it promised to be a short one, winning friends and good fellowship wherever he went, picking up new jokes and stories on every hand, showing a deal of humor and considerable coarse wit, shy of grown girls, but immensely fond of children, clad uncouthly, and getting about awkwardly, always on hand when there was sport of any sort.

"Society in the Pigeon Creek settlement,—Sentryville it came to be called as Abraham Lincoln grew to manhood,—was little different from that of any other back-woods settlement of those days. The houses were scattered far apart; but the inhabitants would travel long distances

to a log-rolling, a house-raising, a wedding, or anything else that might be turned into a fast and furious frolic. On such occasions the young women carried their shoes in their hands, and only put them on when about to join the company. The ladies drank whiskey-toddy, while the men took it straight; and both sexes danced the livelong night, barefooted, on puncheon floors. The fair sex wore 'corn-field bonnets, scoop-shaped, flaring in front, and long, though narrow, behind.' Shoes were the mode when entering the ball-room; but it was not at all fashionable to scuff them out by walking or dancing in them. 'Four yards of linsey-woolsey, a yard in width, made a dress for any woman. The waist was short, and terminated just under the arms, whilst the skirt was long and narrow. 'crimps and puckering frills' it had none. The coats of the men were home-made; the materials jeans or linsey-woolsey. The waists were short, like the frocks of the women, and the long 'claw-hammer' tail was split up to the waist. This, however, was company dress, and the hunting-shirt did duty for every day. The breeches were of buck-skin or jeans; the cap was of coon-skin, and the shoes of leather tanned at home."

Among these unlearned, boisterous, superstitious folks young Lincoln was a general favorite; and, so far as can now be learned, he had no decided feeling or dislike toward any of them, except Josiah Crawford, the man who compelled him to "work out" the value of the rain-ruined Life of Washington. But he frequently hired for short spells even to Crawford, whose wife was one of his best friends, and loaned him several books without her husband's knowledge. One of these was a school book, the "Kentucky Preceptor," in which there were many pieces of verse, and extracts from speeches and orations. When he was 17 years old, Lincoln began to indulge himself in rhyming exercises. Mr. Craw-

ford seems to have been specially noted for his crabbed temper and a great misshapen nose—the last a feature not uncommon among old tipplers. Abe's first sallies in doggerel verse were at Crawford; they made a great deal of merriment in the settlement, and newly impressed the settlers with the idea that here was a genius indeed. In the course of two or three years this President in a coon-skin cap, buckskin breeches and linsey-woolsey hunting-shirt made a famous name as a "poet." Heaven save the mark! Such of his jingling rhymes as Colonel Lamon gives are coarse lampoons, devoid of wit or generosity, foul in suggestion, if not in language, and shocking to all our later ideas of the man. But that he wrote them, as well as others too indecent for printing, there can be no question. By nature he was kind of heart, and helpful of all in distress, but he lived and grew up in a rude community, where culture and refinement were words of unknown meaning, where personal superiority of some sort was every man's ambition, and where every one was called a "good fellow" who could tell a clever, dirty story without blushing.

At 18 Lincoln had become the tallest and strongest man in the settlement, widely known for his skill as a wrestler, and, in a good natured way, something of a bully. He cared more to sit in the door and gossip with women and play with children than he did to go out hunting. He was alert and active about everything he made up his mind to do, walked with a long, swinging stride, and hunting was much too still and solitary an occupation. All kinds of popular gatherings had an attraction not to be resisted. He liked to see and be seen, to make sport and enjoy it, to hear the sound of his own voice when it was promoting frolic. It was, says Colonel Lamon, a most important part of his education that he got at the corn-shuckings, the log-

rollings, the shooting-matches, and the gay and jolly weddings of these early border times. He was the only man or boy within a wide compass who had learning enough to furnish the literature for such occasions; and those who failed to enjoy his talents to grace or commemorate the festivities they set on foot were sure to be stung by some coarse but humorous lampoon from his pen. In the social way, he would not suffer himself to be slighted with impunity; and, if there were any who did not enjoy his wit, they might content themselves with being the subjects of it. Unless he received some very pointed intimation that his presence was not wanted, he was among the first and earliest at all the neighborhood routs; and when his tall, singular figure was seen towering among the hunting-shirts, it was considered due notice that the fun was about to commence. "Abe Linkhern," as he was generally called, made things lively wherever he went. But when a party was made up, and he left out, as sometimes happened, he sulked, fumed, "got mad," nursed his anger into rage, and then broke out in songs or "chronicles," which were frequently very bitter, sometimes passably humorous, and generally vulgar.

This sketch of his boyhood might easily be extended to double its present length from the materials furnished in Lamon's book. But such extension is unnecessary. Already we can see what the young man Lincoln is going to be when he begins life for himself. He has acquired some facility with the pen; he is ready to mount the stump on the slightest provocation; he is known for his love of coarse stories and his gentle disposition; he is a cordial respecter of women, and foremost among the men of the settlements; he has long been a great reader, and possesses a remarkable memory; he has shown an eagerness of ambition quite at

variance with some other traits of character; he detests manual labor, but studies books of law and politics half the night; he is a long and lean giant in stature, and able to take care of himself in any rough contest; he ardently loves his step-mother, and good humoredly bears with his father; he can out-run, out-walk, out-leap, out-wrestle, out-lift the best of his acquaintances; necessity has made him self-reliant, and he is slow to give offence; he has no fondness for intoxicating liquor, can take a dram on occasion, but prefers to let it alone; he shows a seemingly shrewd faculty of compliance, but after all is quite apt to have his own way in the end; he manifests considerable subtlety in adapting himself to the under-currents of popular movement, and professedly studies for advancement as a leader in some unseen direction; he wishes to strike out for himself even now, but consents to wait three years till he is of age and comes to his majority, about the time the family moves into Illinois; is sad and moody at odd spells, but has a blessed readiness of tact which enables him to hide his depression of spirit; he thirsts for knowledge, particularly of politics and history, and devours all the newspapers that come in his way; he thinks little about religion, but is a profound believer in the instincts of humanity; he is crafty and honest, moulds folks to his own desires by simple methods, is loved by all the women, and held in good fellowship by all men.

Never be cast down by trifles. If a spider break his web twenty times, twenty times will he mend it. Make up your mind to do a thing, and you will do it.

If you wish success in life, make perseverance your bosom friend, experience your wise counselor, caution your elder brother, and hope your guardian genius.

BUSINESS.

THE PHYLOSOPHY OF ADVERTISING.

The better known to the public a firm or an article of merit may be, the better it will pay to advertise.

If you don't mean to mind your business, it will not pay to advertise.

Handbills and circulars are good of their kind, but they cannot take the place of newspaper advertisements.

No bell can ring so loudly as a good advertisement. people will believe what they see rather than what they hear.

Show us your village paper, and without further knowledge we will tell you from a glance at its local columns who are its active, energetic business men. The man who advertises shows not only a business talent above his neighbors, but he may be at once reckoned among the independent, generous, and public-spirited of the community. He who hides his light under a bushel, when such advantages as those at present afforded are so freely offered him, does not deserve to succeed.

If you have a good live advertisement running through any good list of newspapers, you have thousands of servants out at work for you, whether you wake or sleep, whether you be sick or well. No monarch's slaves ever scattered at his bidding so fleetly or faithfully, or in such bewildering numbers, as the literary messengers that bear your individ-

ual word to the people of this great nation.

Small advertisements, and plenty of them, is a good rule. We were all babies once, yet we made considerable noise.

Quitting advertising in dull times is like tearing out a dam because the water is low. Either plan will prevent good times from ever coming.

That was a profound philosopher who compared advertising to a growing crop. He said; "the farmer plants his seed, and while he is sleeping the corn is growing. So with advertising. While you are sleeping or eating, your advertisement is being read by thousands of persons who never saw you or heard of your business, never would, had it not been for your advertising."

Judicious advertising always pays.

If you have a good thing, advertise it. If you havn't, don't.

Never run down your opponent's goods in public. Let him do his own advertising.

It's as true of advertising as of anything else in this world—if it is worth doing at all, it is worth doing well.

We don't recommend advertising as the best way to get a wife; but we know it is the best way to get a good trade.

You can't eat enough in one week to last a whole year, and you can't advertise on that plan either.

Injudicious advertising is like fishing where there's no fish. You need to let the lines fall in the right place.

A constant dropping will wear a rock. Keep dropping your advertisements on the public and they will soon melt under it like rock salt.

Large type isn't necessary in advertising. Blind folks don't read newspapers.

If you can arouse curiosity by an advertisement it is a great point gained. The fair sex don't hold all the curiosity in the world.

Don't be afraid to invest in printers' ink, lest your sands of life be nearly run out.

When you advertise, see that you do it on the same principle that you buy goods. Get the most you can for the money.

People who advertise only once in three months forget that most folks can't remember anything longer than about seven days.

When people see a man advertise they know he is a business man, and his advertising proclaims that he is not above business, but anxious to do it.

"Dull times," it is said, "are the best for advertisers." Because when money is tight and people are forced to economize, they always read the advertisements to ascertain who sells the cheapest, and where they can trade to the best advantage.

Some say that it is no use for them to advertise; that they have been in the place in business all their lives, and everybody knows them. Such people forget to take into consideration that our country is increasing in population nearly forty per cent. every ten years, and no matter how old the place may be there are constant changes taking place; some move to other parts, and strangers fill their places. In this age of the world, unless the name of a business firm, is kept constantly before the public, some new firm may start up, and by liberally advertising, in a very short time take the place of the older ones, and the latter rust out, as it were, and be forgotten.

THE WAY TO ADVERTISE.

P. T. Barnum was once considered *the* man who understood how to advertise if any one did. He says:

"We all depend, more or less, upon the public for our

support. We all trade with the public—lawyers, doctors, shoemakers, artists, blacksmiths, showmen, opera-singers, railroad presidents, and college professors. Those who deal with the public must be careful that their goods are valuable; that they are genuine and will give satisfaction. When you get an article which you know is going to please your customers, and that, they have tried it, they will feel they have got their money's worth, then let the fact be known that you have got it. Be careful to advertise in some shape or other, because it is evident that if a man has ever so good an article for sale, and nobody knows it, it will bring him no return. In a country like this, where nearly everybody reads, and where newspapers are issued and circulated in editions of five thousands to two hundred thousand, it would be very unwise if this channel was not taken advantage of to reach the public in advertising. A newspaper goes into the family and is read by wife and children, as well as the head of the house; hence hundreds and thousands of people may read your advertisement while you are attending to your routine of business. Many, perhaps, read it while you are asleep. The whole philosophy of life is, first 'sow,' then 'reap.' That is the way the farmer does; he plants his potatoes and corn, and sows his grain, and then goes about something else, and the time comes when he reaps. But he never reaps first and sows afterwards. This principle applies to all kinds of business, and to nothing more eminently than to advertising. If a man has a genuine article, there is no way in which he can reap more advantageously than by 'sowing' to the public in this way. He must, of course, have a really good article, and one which will please his customers; anything spurious will not succeed permanently, because the public is wiser than many imagine. Men and women are selfish, and we all prefer

purchasing where we can get the most for our money; and we try to find out where we can most surely do so.

You may advertise a spurious article, and induce many people to call and buy it once, but they will denounce you as an impostor and swindler, and your business will gradually die out and leave you poor. This is right.

A man who advertises at all must keep it up until the public know who and what he is, and what his business is, or else the money invested in advertising is lost."

Mr. Charles Knox, the New York Hatter, is considered a successful advertiser. He has always advertised liberally and persistently; he always keeps his name and wares before the people. He is a great friend of the "special notice" column of the newspapers, and has the faculty of making his advertisements short, pithy, popular, readable and attractive. This is done by always connecting them with some topic or event which is the conversation of the hour. The following may be taken as samples:

"Although Queen Isabella has lost her crown, the crowns of Knox's hats never come out."

"If Miss Kellogg ever marries, she will prefer a man who wears Knox's hats."

"The Grecian bend may do for the ladies, but all gentlemen wear Knox's hats."

The result is, everybody sees them, reads them, and remembers that Mr. Knox is the hatter. Nothing but a good and fashionable article is offered for sale, and the customer goes away satisfied.

A shrewd business man once advertised a trifling article in a manner which could scarcely prove remunerative. His neighbors expressed their regret at his folly, but he appeared contented. Though his gross sales of the article did not cover the cost of his advertising, he attracted a new class of

people to his store, and his shrewdness paid him in a very short time, for new eyes saw what he had to offer in addition to the specialty advertised, and new purses came under contribution to him."

"According to the character or extent of your business, set aside a liberal percentage for advertising. Keep yourself unceasingly before the public; and it matters not what business of utility you may be engaged in, for, if intelligently and industriously pursued, a fortune will be the result."

Let your advertisements have something of the dash in them, without great exaggeration.

A man should do for his advertising something as he does for his stock of goods—arrange it so as to attract attention by its novelty, variety and good taste.

There are thousands of new and untried methods of judicious advertising; there are thousands of novel methods of attracting the attention of the public to your article and convincing them that it is the best. Doubtless ideas, with money in them, occur daily to seven out of ten of those who read this paragraph. The "something wanting" seems to be a power of *realization*. The old "recipe" for removing doubt and difficulty is:

1. Get all the facts you can.
2. Remove extraneous ideas.
3. Calculate the probabilities.
4. Allow a wide margin for accidents, &c.
5. Then put on steam and

ADVERTISE UNTIL PEOPLE CALL YOU INSANE; then keep on advertising, and the fickle goddess will smile.

THE NECESSITY OF PERSISTENT ADVERTISING.

Successful advertisers differ about the way and manner

in which advertising should be done, but all agree that it pays—pays largely. They can, however, rarely decide what particular style pays best. The only point upon which they are unanimous is that to KEEP ADVERTISING is the rule.

The result of all experience thus far is then, that the most PERSISTENT advertiser will prove the most successful.

Go among great advertisers, talk with them, ask advice, get at their ideas. All will admit that advertising pays, that it is sure, although often slow. All will differ as to the method, but to three things all will be found unanimously to agree.

1st That the main thing is to KEEP ADVERTISING.

2d That the newspaper is the only legitimate advertising medium.

3d That the new man without experience, but with a good thing, and a determination to make it go, is quite as sure of success as the man of experience.

In short, experience teaches advertisers little beyond the fact that the better known any article or thing is, the more certain is it to repay investments in advertising to make it still better known.

The more any article of merchandise, any trade mark or copyright, any banking house, insurance company, or business firm has been advertised, the better known it may have become, the better will it pay to advertise them further.

If any one knows your firm to be the best in your peculiar line, everybody becomes your good and willing reference, and everybody's friend, who had thought of going to some rival house because he knows not of you, will, on speaking of his determination, have your name pronounced to him with commendation. In fact, the man who is thoroughly advertised must continue to thoroughly advertise; but having once made his name a household word he re-

ceives much gratuitous advertising from the great public, always desirous of helping those who have plainly shown that they need no help.



HOW SOME MEN BECOME RICH.

We make the following extract from the recent lecture of the celebrated biographer Mr. James Parton, on "Kings of Business." The house of Isaac Rich & Co., of Boston, is now the leading house in the fish trade of that city, and has a reputation for fair and honorable dealing co-extensive with the continent:

Isaac Rich, who left a million and three-quarters a year or two ago to found a college in Boston, began business thus: At 18 he came from Cape Cod to Boston with \$3 or \$4 in his possession, and looked about for something to do, rising early, walking far, observing closely, reflecting much. Soon he had an idea: He bought three bushels of oysters, hired a wheelbarrow, found a piece of board, bought six small plates, six iron forks, a three-cent pepper-box, and one or two other things. He was at the oyster-boat buying his oysters, at three o'clock in the morning, wheeled them three miles, set up his board near a market and began business. He sold out his oysters as fast as he could open them at a good profit. He repeated this experiment morning after morning until he had saved \$130, with which he bought a horse and wagon, and had five cents left.

"How are you going to board your horse?" asked a stable-keeper, who witnessed this audacious transaction.

"I am going to board him at your stable."

"But you're a minor," replied this acute yankee. "and, mind, I can't trust you more than a week." The next morning the lad who had established a good credit with oystermen

bought thirteen bushels of remarkably fine oysters, which he sold in the course of the day at a profit of \$17. So he was able to pay for his horse's board. And right there in the same market he continued to deal in oysters and fish for forty years, became king of that business, and ended by founding a college; thus affording a new illustration of Prof. Agassiz's theory that the consumption of fish is serviceable to the brain.

BUSINESS MAXIMS FOR BUSINESS MEN.

1. After the feast the giver shakes his head.
2. The sleeping fox catches no poultry.
3. Creditors have excellent memories.
4. Caution is the father of security.
5. He who pays before-hand is served behind-hand.
6. If you would know the value of a dollar try to borrow one.
7. Great bargains have ruined many.
8. Be silent when a fool talks.
9. Give a foolish talker rope enough and he will hang himself.
10. Never speak boastingly of your business.
11. It is hard for the hungry man to wait when he smells the roast meat.
12. An hour of triumph comes at last to them who watch and wait.
13. Word by word Webster's big Dictionary was made.
14. Speak well of your friends—of your enemies say nothing.
15. Never take back a discharged servant.
16. If you post your servants upon your affairs they will one day rend you.

17. No man can be successful who neglects his business.
18. Do not waste time in useless regrets over losses.
19. Systematize your business and keep an eye on little expenses. Small leaks sink great ships.
20. Never fail to take a receipt for money paid, and keep copies of your letters.
21. Do your business promptly, and bore not a business man with long visits.
22. Law is a trade in which the lawyers eat the oysters and leave the clients the shells.

ROTHSCHILD, the founder of the world-renowned house of Rothschild & Co., ascribed his success to the following:

Never have anything to do with an unlucky man.

Be cautious and bold.

Make a bargain at once.

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BUSINESS LAW

The following brief compilation of business law is worth a careful preservation, as it contains the essence of a large amount of legal verbiage:

It is not legally necessary to say on a note "for value received."

A note made on Sunday is void.

Contracts made on Sunday cannot be enforced.

A note by a minor is void.

A contract made with a minor is void.

A contract made with a lunatic is void.

If a note is lost or stolen, it does not release the maker: he must pay it, if the consideration for which it was given and the amount can be proven.

An endorser of a note is exempt from liability if not served with note of dishonor within twenty-four hours of its

non-payment.

Notes bear interest only when so stated.

Principals are responsible for the acts of their agents.

Each individual in a partnership is responsible for the whole amount of the debts of the firm.

Ignorance of the law excuses no one.

It is a fraud to conceal a fraud.

The law compels no one to do impossibilities.

An agreement without consideration is void.

Signatures made with a lead pencil are good in law.

A receipt for money is not always conclusive.

The acts of one partner binds all the rest.



TO MAKE A GOOD COLLECTOR.

Be on time to a minute when the debtor says "come to-morrow at 9 o'clock."

Sit on the steps and wait for his return when he says, "I am just going to dinner."

Insist on stepping out to make change when the man "has nothing less than a twenty."

Go to an "old stager" every day for a month with a cheerful countenance "about that little account."

Don't mind edging into a crowd to ask a fellow.

Take a dollar in part if you can't get ten in whole, and "credit it" with alacrity.

Always suggest a check when the money is not in hand, as he can get it "cashed" to-morrow.

Always have that account "on top" so the man can have no excuse for putting you off.

Don't mind asking for it immediately after being "treated"—or pleasantly entertained.

Never be in a hurry, "will wait till you get through."

Cough or salute when the "hard case" wants to pass without seeing you.

In fine—be patient as a post, cheerful as a duck, sociable as a flea, bold as a lion, weather-proof as a rubber, cunning as a fox, and watchful as a sparrow hawk.

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PRESCRIPTION FOR HARD TIMES.

Be economical in your expenditures without being close.
Keep cool yourself.

Try to keep others cool.

Be generous in employing others, if their labor will pay actual expenses.

Remember, the more actively money circulates the better, therefore do not hoard up your currency.

Pay your just dues promptly.

Be accommodating to your debtors. Give time for payment of a debt if it can be done without imperilling your own credit,

Abandon the credit system as far as possible. Stick to the cash system if you are following it already. Buy nothing on credit that is not absolutely necessary.

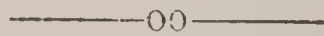
Above all things, keep busy. Have either hands or mind occupied in something useful.

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HOW TO SUCCEED.

If your seat is too hard to sit upon, stand up. If a rock rises up before you, roll it away or climb over it. If you want money earn it. If you wish for confidence, prove yourself worthy of it. It takes longer to skin an elephant than it does a mouse, but the skin is worth something. Do not be content with doing what another has done—sur-

pass it. Deserve success, and it will come. The boy was not born a man. The sun does not rise like a rocket, or go down like a bullet fired from a gun; slowly but surely it makes its round, and never tires. It is as easy to be a leader as a wheel-horse. If the job be long, the pay will be greater; if the task be hard, the more competent you must be to do it.



DON'T EXPECT TOO MUCH.

There was something pathetic in the position of the German florist, who, in the bitterness of his heart, exclaimed: "I have so much drouble mit de ladies ven dey come to buy mine roses; dey wants him hardy, dey wants him doubles, dey wants him fragrant, dey wants him nice colour, dey wants him eberyding in one rose. I hopes I am not vat you call one ungallant man, but I have sometimes to say to dat ladies, "Madame, I never often see ladies dat was beautiful, dat was rich, dat was good temper, dat was young, dat was clever, dat was perfection, in one ladies. I see her not much."



Let every man be occupied, and occupied in the highest employment of which his nature is capable, and die with the consciousness that he has done his best.

The talent of success is nothing more than doing what you can do well, without a thought of fame.

Our motive power is always found in what we lack.

Success in most things depends on knowing how long it takes to succeed.

No man is rich whose expenditures exceed his means; yet no one is poor whose incomings exceed his outgoings.

HEALTH

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BATHS

HEALING POWER OF WATER. Water constitutes not only the greater portion of the human body, but is the medium of circulation, nutrition, excretion, and purification, and bears with it a large amount of electricity. Prof. Faraday says ten drops of water contain electricity enough to make a sheet of lightning. When warm it communicates magnetism in its coarser form. HOT WATER alone would relax and weaken. COLD WATER is the element of stimulus, and the system may be gradually toned up and fired up with so much internal heat as to endure a large amount of cold water. But the LAW OF HARMONY will guide in this, and show that both should be used.

WHO SHOULD BATHE. All should bathe more or less, of course, to keep the skin open and clean, but those who are pale and thin and nervous must not bathe too frequently, as the water will be apt to conduct away some of their vitality, and will not give them the magnetic element which they most need. Such should depend partly upon rough towels or flesh brushes to keep clean. Fleshy and full-blooded persons, whose circulation is dormant, should have frequent baths.

HOW TO BATHE. Feeble persons can stand but a very little cold water at first, not having sufficient vitality to get up reaction, and if they are subject to pressure at the heart,

very hot water will not answer except at the feet. Those who have chronic diseases, and a dormant system generally, and wish to rouse up new action, can succeed finely by getting into water as hot as they can endure for a few minutes, then take a dash of cool water, then wipe dry in a hurry, get into warm blankets, and be manipulated all over until the perspiration comes. It is always safer and more strengthening to have all hot baths end off with cool water, unless one is too weak, and is troubled with some liability to congestion. A cold dash or a few seconds in cold water will frequently get up a great heat, but to remain some time in cold water will destroy the heat already possessed. Why these opposite effects? Because on the principle that OPPOSITES ATTRACT, the electricity of the water draws the warm magnetism of the body to the surface and creates a glow, but if continued too long so much of it will escape into the water as to cause a chill and a loss of power.

WHEN TO BATHE. A full bath should never be taken under two or three hours after eating, and not immediately after copious drinking. A cool bath is much better on rising in the morning than when retiring, as it is easier to get up a reaction when the system is fresh. Avoid bathing when very weary. From half-past ten to eleven in the forenoon is quite as good a time as any. Plunges, or baths that shock should be avoided during periods of congestion, menstruation, or of special excitement.

A HAND-BATH in cool water, over the whole system, is capital, on getting up in the morning. If weak and liable to catch cold, touch merely the ends of the wet fingers to the body a few seconds, then wipe with coarse towel, and rub briskly with hands all over. The electricity will stimulate you. If stronger, apply the whole hands. This equalizes the magnetism far better than a sponge-bath.

WET PACK. Place on a bed two or three comfortables, then a pair of blankets; partially wring a sheet out of cool water and place it upon them. The patient, nude, should then lie flat upon his back upon them, and have the whole wrapped around him immediately. Lay wet cloths on his forehead, and keep feet warm. Time from 15 to 60 minutes. He should not lie long after perspiration commences. Afterwards sponge off and rub. This is admirable for extracting impurities from the system, and especially for subduing a high fever when near its crisis, but not afterwards. A warm pack is best for weak persons, or in eruptive fevers until the eruption is brought out.

COMPRESSES. These are wet cloths or bandages usually put over any hot, sore, or inflamed part, and renewed when they become dry or warm. Dry towels placed over these will prevent the vital heat from escaping too much, and prevent catching cold. Judge somewhat by the way it affects you.

FOMENTATIONS. For these flannel cloths dipped in water, as hot as can be borne, and wrung nearly dry in another cloth, are best. This will steam the part moderately, and used five to fifteen minutes will greatly soothe pains, cramps, convulsions, nervous headache, and when over the bowels and lower abdomen, counteracts costiveness, colic, painful menstruation, hysteria, etc. It is more suitable for a dormant condition than for inflammation, unless it be a negative inflammation.

FOOT-BATH. In cases of nervousness, headache, sleeplessness, and cold feet, a decidedly hot foot-bath, for five minutes, followed by a cold dash, wiping and rubbing on the bottom, is highly useful.

SITZ-BATH. This may be given in a small wash-tub or sitz-tub, in water, say four to six inches deep. In case of

the dormant condition of the lower abdomen, painful menstruation, etc., a hot bath is best; but in case of inflammation, or too great heat, a cool bath is best. Throw blankets over the shoulders rub and knead the abdomen, etc. Time, five to fifteen minutes.—*Babbitt's Health Guide*.



GENERAL RULES OF HEALTH.

The following are a few general rules which now appear to me to be based upon experience and physiological knowledge. But upon many important matters, high authorities differ greatly; moreover, no two persons are precisely alike, and there must be exceptions to any but the most general rules.

Under ordinary circumstances, we may keep or regain health by proper care of the body. Proper care consists in the taking of wholesome food in sufficient quantity, and at proper intervals; in the use of pure water; in breathing good air; in cleanliness; in the avoidance of unnecessary excess of every kind; and in taking plenty of sleep.

Prevention is better than cure; we should aim to avoid disease, and when ill, trust as far as possible to Nature, aiding her efforts by proper care and nursing; the majority of diseases tend to get well of themselves, and in such cases drugs may do more harm than good. Indiscriminate medication upon the advice of friends and neighbors is foolish, and may do great harm. A "panacea," or "cure-all" is a *prima facie* humbug, and secret medicines are always to be suspected. The wisest and most successful physicians are those who depend the least upon drugs, who make no mystery of their practise, and who, regarding medicine as at best a necessary evil, instruct their patients how to avoid disease, and how to relieve themselves when ill.

FOOD AND DRINK.

1. Food should be palatable, and not highly seasoned; it should consist of more than one, but not of many articles; it should vary in quality and quantity, according to age, climate, weather, and occupation. Sugars, starches and fats contain a large proportion of carbon, and are thought to be more heating and less nutritious; albumoids contain nitrogen, and are thought to be more nutritious. The whole (unbolted), or partially bolted grains, are found to be good for dogs, horses, and men, but nature demands variety. As a rule, carnivora are not wholesome food. Hot, soft bread digests slowly.

2. Bad cooking may spoil good food. Avoid frying meat; boil, roast, or broil it, beginning with a high heat; but for soups, begin lukewarm.

Three full meals daily are customary, and may be natural; but their number, their relative quantity and quality, and the intervals between them, are largely matters of opinion, habit and convenience; regularity is very important. Avoid all "lunches" so called.

4. Eat something within an hour after rising, especially if obliged to labor or study, but avoid both of these before breakfast, if possible, and particularly exposure to malaria or contagion.

5. Let the amount of a meal bear some relation to future needs as well as present appetite, but it is better to carry an extra pound in your pocket than in your stomach.

6. Eat in pure air and pleasant company; light conversation and gentle exercise promote digestion, but hard work of any kind retards it. Avoid severe bodily or mental labor just before, and for two hours after a full meal.

7. Eat slowly; masticate well; five minutes more at din-

ner may give you better use of an hour afterward. Drink little at meals and never a full glass of very hot or very cold liquid. Never wash down a mouthful. Avoid waste of saliva by expectoration.

8. Evacuate the bowels daily, and above all, regularly; the best time is after breakfast; partly to be rid of a physical burden during the day, but chiefly to relieve the brain.

9. Constipation is safer than diarrhea. For the former, exercise, ride horseback, take a glass of cold water before breakfast, eat fruit and laxative food; for the latter, follow an opposite course: toast, crust, crackers, and rice are then the best food.

AIR

10. Breathe through the nose, especially in the cold. Prevent snoring, by a bandage under the jaw and over the head.

11. Heating should not interfere with ventilation; the best method is by a hot-air furnace and a small open fireplace; in all cases, there should be an opening for the egress as well as the ingress of air.

12. A constrained position of the body may lessen the capacity of the lungs.

13. In apnœa (from hanging or drowning), restore respiration first, circulation afterward; the former by movements of the arms and body, the latter by heat and friction.

14. Keep the temperature of a sitting-room at from sixty-five to seventy degrees Fahrenheit. Avoid a draft.

15. Air sleeping-rooms and bedding early; never sleep in the under clothing of the day.

16. Prefer a sunny room.

DRESS.

17. Fabrics are not warm of themselves, but in proportion to their properties as non-conductors of heat; silk is the poorest conductor, next wool, next cotton, and linen being the best conductor makes the coolest garments. It is safe to wear a silk or merino vest next to the skin in all weathers.

18. More clothing is needed while sleeping, or at rest, than while awake and active.

19. Clothing should not compress the body.

SLEEP, STUDY, AND EXERCISE.

20. During sleep the waste of the body, and especially of the brain, is repaired; we should retire early, say at 10 P.M., and get sleep enough, so as to be fresh next day; if obliged to lose sleep, make it up.

21. The best time for hard study is in the forenoon; the next best, the evening; the next, the afternoon; the worst and most injurious are after 10 P.M. and before breakfast. Study hard for an hour, then rest a few moments.

22. The student should take a short walk after each meal, and longer ones, or work or other exercise, in the afternoon. Riding horse-back is the most perfect exercise for students; walking should have an object, and be taken in pleasant company.

23. Games are often carried to excess, so as to do more harm than good; the same is true of heavy gymnastics. Agility is better than great strength; and it is not certain that the man under training is in a normal or healthy condition.

THE SENSES.

24. Avoid sudden glares of light, and loud sounds. Nev-

er look directly at the sun; fine print is injurious; light should be both sufficient and steady.

25. For dust in the eyes, avoid rubbing; dash water into them; remove cinders, etc., with the round point of a lead pencil.

26. Remove insects from the ear by tepid water; never put a hard instrument into the ear.

ACCIDENTS, ETC.

27. In all cases, keep cool; and if alone, do what you can at once.

28. If an artery is cut, compress above the wound; if a vein is cut, compress below.

29. If choked get upon all fours and cough.

30. For slight burns, dip the parts in cold water; if the skin is destroyed, cover with varnish.

31. Smother a fire with carpets, etc., water will often spread burning oil, and increase the danger. Before passing through smoke, take a full breath and then stoop low, but if carbon is suspected, walk erect.

32. Suck poisoned wounds, unless your mouth is sore; enlarge the wound, or better, cut out the part without delay; hold wounded part as near as can be borne to a hot coal, or end of a cigar.

33. In case of poisoning, excite vomiting by tickling the throat, by warm water and mustard.

34. For acid poisons give alkalies; for alkaline poisons, give acids; white of egg is good in most cases; in case of opium-poisoning, give strong coffee, and keep moving.

35. If in the water, float on the back, with the nose and mouth projecting.

36. Never strike the head or hands in punishment; avoid giving or taking a blow in the pit of the stomach.

BAD BREATH.

There are three sources of bad breath:—

First, the mouth.

Second, the nose.

Third, the lungs.

Of twenty cases of bad breath, I estimate that fifteen come from the mouth, one from the nose, and four from the lungs.

As generally, when the mouth is at fault the lungs contribute something to the odor, the above definite classification, is probably too precise; but I think it a close approximation to the truth.

The Mouth.—I need hardly argue that rotten teeth and diseased gums may produce a bad breath. I have but rarely met a case in which the teeth were white and the gums healthy. In every case of bad breath the mouth is to be suspected and examined. In a majority of cases, you smell nothing while the patient keeps his mouth shut, and breathes through his nose; but as soon as he begins to speak, then it comes.

That man must go at once to the dentist. He is the doctor for the mouth. He will remove every cause of offence from that cavity.

The Nose.—The various forms of catarrh are more or less productive of bad odors. Ozena, which is the worst form of catarrh, produces a peculiar and sickening odor.

The cure of this malady is somewhat difficult, but the odor arising from it can be mitigated by a thorough cleansing of the nose with water, or soap and water, several times a day. But a cure should be sought, and let it not be sought at the hands of one of the advertising catarrh quacks.

The Lungs.—A man eats and drinks, say five pounds in a day. Now, unless he is gaining weight, he must part

with five pounds. If we place on the scales all that comes from his bowels and bladder, we shall find it weighs, say, one pound and a half. Three pounds and a half have left the body in some other way or other ways. These other ways are the skin and lungs. By far the larger part should escape through the skin. Sometimes the millions of holes in the skin, through which this worn-out, effete matter should escape, become in part closed, from lack of bathing and perspiration; and this effete matter cannot escape freely in that way. But the poisonous stuff must be gotten rid of in some way. Now the lungs come in to supplement the skin. To a certain extent, the lungs and skin are ever ready to substitute for each other. If the lungs, for any reason, leave a small part of their duty undone, the skin at once steps in to assist. If the skin fails to accomplish its whole task of the work of excretion, the lungs are ever ready to assist in working off impurities. But, whenever the lungs are obliged to perform this extra service, they cannot do it as well as the skin. They are obliged to work off impurities which do not belong to their department, and so they take on a morbid condition, and the excretions are so changed in character as to become offensive.

Three persons out of every four whose bad breath comes from their lungs, can cure themselves, or greatly mitigate the nuisance by washing themselves all over with soap and water, and following this by the vigorous use of rough towels every day for a month, and exercising at least once a day, till there is free perspiration. By this time, the impurities which should escape through the skin have free escape in their natural course, and the lungs return to their own proper work, and the disagreeable odor disappears.

In a small proportion of the cases in which the bad breath comes from the lungs, the difficulty is in a foul condition

of the system, and not dependent upon the condition of the skin. In such cases, the whole system must be cleansed before the bad breath can be removed.

Let us review. In twenty cases of bad breath, fifteen cases come from the mouth. The dentist will remove all that trouble.

One case comes from nasal catarrh. Use a syringe to cleanse the nasal passages several times a day; and cultivate a healthy stomach. If the stomach be rightly managed, catarrh generally disappears.

Four cases come from the lungs. Open the skin by thorough bathing with soap and water, and by frequent perspiration, and the badness of breath which comes from the lungs will generally disappear.—*Home Guardian*.

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MRS WINSLOW'S SOOTHING SYRUP.

This soothing syrup contains, as its active principle, a large portion of morphia. It is estimated that the people of this country consume yearly nearly one million ounces of this nostrum, each ounce of which contains about one grain of morphia. Fifteen million grains of morphia yearly for American babies, and that, too, given by persons ignorant of its effects. Dr. W. F. McNutt, of California, speaking of it, says, "My attention was first called to the baneful effects and the enormous consumption of this nostrum by an article in the November, '69, number of The California Medical Gazette, by Dr. Murray, U. S. A. Dr. Murray had been called to see a child, aged six months, apparently in a dying condition from the effects of some narcotic poison. He found that this Soothing Syrup was the only medicine which had been administered, and of it the

child had taken two teaspoonfuls within ten hours. There was remaining in the vial from which the two teaspoonfuls had been taken, ten drachms, which yielded, on analysis by a skillful chemist, nearly one grain of morphia and other opium alkaloids to the ounce of syrup. "The specimen of Soothing Syrup analyzed was made by Curtis & Perkins, of New York, who are the only manufacturers."

On the 7th of February, Mrs. W. came into my office with a child five months old in her arms, which, she said, was very sick; that it slept constantly, and would not nurse or move for several days. The child was breathing heavily, and its pupils were closely contracted. I asked if the child had been taking opium; she replied that it had taken nothing but soothing syrup. She said that on the 5th, two days before, the child was restless and its bowels costive, and that a neighbor had advised her to give it a teaspoonful of soothing syrup, saying it was excellent to regulate the bowels. (She had previously given the syrup in small doses.) She administered the syrup twice during the day, a teaspoonful each time; the child slept heavily all night, and would not nurse when roused. Not suspecting the syrup had anything to do with its sleeping, she gave on the 6th, at different times, three teaspoonfuls more. The child refused to nurse, when roused. On the 7th, she gave it another teaspoonful, before bringing it to my office. I told her that the child was poisoned by morphia, of which soothing syrup contained a large quantity. The mother had no idea that there was morphia in soothing syrup.

Dr. R. S. Maxwell, my partner, was called to see a child five weeks old, to whom half a teaspoonful of soothing syrup had been given a few hours previous. The child was already past all help, and died in a few hours. No other medicine had been given.

In my own case, the child five months old had taken two teaspoonfuls on the 5th, three on the 6th. and one on the 7th, making six teaspoonfuls from 10 o'clock on the 5th until 8 A. M. on the 7th; consequently it got over half a grain of morphia in the space of forty-six hours. As susceptible as children are to the influence of opium, it seems almost impossible that the child could have lived. In fact, we know that it could not have lived had not the tolerance of the poison been induced by the previous doses in lesser quantities. We may add that there are very few children at the age of six months who would not be poisoned to death, were they to take the syrup as directed (namely, six months old and upward, one teaspoonful three or four times a day until free from pain), unless a tolerance of the drug be induced by its previous administration in small doses. The morphia in a teaspoonful of soothing syrup is equal to about twenty drops of laudanum. Here we have thousands of mothers and nurses, ignorant alike of the ingredients and the effects of this deadly nostrum, directed to give a child six months old morphia equal to twenty drops of laudanum.

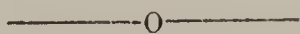
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HOW TO PREVENT SMALL-POX WITHOUT VACCINATION.

They who make use of vaccination introduce a thousand evils into the system for the sake of preventing one. There is another way, but humanity will hardly be prone to make use of it. It is this: If the human body was not obliged to work over, through the stomach, and through the various organs that make up organic life, particles which are inimical to health in the way of food, there would be one barrier against small-pox; in other words, if you would live properly, if you would take proper and not improper food; and

again, if all human bodies would subject themselves to a daily bath, there would be another preventive. Water, fresh air, and proper food, would be the very best preventives known in all nature against small-pox and other contagious diseases. Medical records show us that this process of vaccination is anything but a blessing. The records of one of the largest hospitals in Germany prove to us that two-thirds of all pulmonary consumption may be traced directly to vaccination. Four-fifths of all those combinations of diseases known under the name of scrofula may be traced directly to vaccination; and so I might go on, filling up the record as this unwise practice has filled up your graveyards, and peopled the spirit-world. Certain medical men tell you that there is such a thing as pure vaccine matter. They know better. There is not one who is scientifically informed but what knows better when he makes the statement. Dr. M—, of Dorchester, knows better, and the process which he is going through of taking vaccine matter from certain animals which he keeps for that purpose, is one of worldly gain, and nothing else. The good of humanity has as little to do with it as the affirmations of Jay Gould have to do with the good of the Erie ring. Medical men of the Old and the New World are getting some wisdom upon this subject. They are beginning to question whether this is the best method of preventing small-pox. They see that it is not an absolute preventive in any case, and that there are many persons who, although they have passed through the regular process of vaccination, and it has done well for them, can take small-pox at any time in its most virulent form. All those eruptive fevers that assume violent types in childhood, in nearly all cases, may be traced to vaccination; it is an undeniable fact, that the medical faculty of all nations are beginning to understand.

Let us thank God that they are making a beginning in this direction. Small-pox is not so great an evil after all, properly understood and properly treated—for if one passes successfully through it, it makes a clean sweep of all other poisons the system may contain, and leaves you with your house swept and garnished. Now vaccination does not do this. It introduces a poison which is constantly coursing through the veins, breeding evil at every turn, and becomes a positive physical death in most instances.



DISEASE BY VACCINATION.

The most advanced scientific authority has asserted that the discovery of vaccination, instead of being the blessing to the human race it has been claimed, becomes even a worse scourge than the disease whose ravages it is intended to stay. The evidences of it are to be found thickly on every side of us. We see persons—old and young, male and female, robust and delicate—who are inoculated with the virus of other diseases by this practice, and their blood permanently poisoned by the impurities which are thus ignorantly absorbed into it. So far as vaccination tends to check the ravages of small-pox, it may indeed be a success; but as a means of introducing other and no less fatal diseases in its stead, it is freely proclaimed by authority that cannot be successfully contradicted the most effectual of any that can be recalled. In the book, "Flashes of Light," Dr. Doane has furnished us with his very distinct and convincing views on the subject. It is also stated that in Oneida, Illinois, erysipelas and other loathsome diseases have been developed in a virulent form of late, by the vaccine matter with which the children have been inoculated with the view of preventing the small-pox.

Good scientific authority is ready with its proofs to demonstrate that this disease is far less dangerous than the other horrible diseases which are sown broadcast by this practice of vaccination. We knew that in England measures were not long ago introduced into Parliament to release the community from the tyranny of being compelled to poison itself in order to escape from one disease by taking on others. Look at some of the numerous diseases and affections that are imported into the human system under guise of protecting itself against a disease whose effects it is taught to dread. There are consumption, erysipelas, scrofula, venereal infection, and others; and if none of them result in death as quickly as the small-pox itself does when ignorantly handled, they nevertheless terminate fatally at last by undermining the system, and they impose upon the patient the suffering and agony of living death many times told. It is nothing that the virus is said to be taken from the arm of a healthy child; that child's blood may contain the disease of previous generations, not yet developed. And it is liable to develop those diseases in others even though it does not as yet in itself. There is no security in that plea whatever. The prevalence of erysipelas and its various tendencies may in very large part be ascribed to this general practice of vaccination, and they are thus handed down from generation to generation. A law is positively called for to stay this dreadful evil of ignorance.

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HATS OFF.

Dio Lewis accounts for the baldness of men in a very simple way—their habit of keeping the head constantly covered. He says you never see a man lose a hair below where the hat touches the skull. It will take it off as clean as you

can shave it down to exactly that line, but never a hair below, not if he has been bald fifty years. The common black stiff hat, as impervious as sheet-iron, retains the heat and perspiration. The little hair-glands, which bear the same relation to the hair that the seed wheat does to the plant above ground, become weak from the moisture and heat, and finally become too weak to sustain the hair. It falls out, and baldness exists. A man with a good head of hair needs very little protection where the hair grows. "And yet," he says, "we men wear immensely thick fur caps, and what amounts to sheet-iron hats, and do not dare step out in a chilly atmosphere a moment lest we take cold. It is silly, weak, and really a serious error. The Creator knew what he was about when he covered a man's skull with hair. It has a very important function in protecting the brain. Baldness is a serious misfortune. It will never occur in any man who will wear such a hat as I do—a common high silk hat with five hundred holes through the top, so that there will be more holes than hat. This costs nothing; the hatter will do it when you purchase your hat.

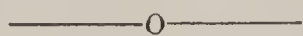
If the nap be combed back the wrong way, and if after the holes are made it be combed the right way, no one will observe the peculiarity. The hat will wear quite as long—the hatters say considerably longer—because it is dry instead of moist; in brief, there is not a single objection to it, while it will certainly prevent baldness, keep the top of the head cool, and prevent much headache."

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UNDERCLOTHING.

The HERALD OF HEALTH recommends white underclothing, as not only more healthful, but on account of its not radiating the heat of the body as some other colors do. An-

other strong incentive is the avoidance of possible poisoning from deleterious dyes. The Journal of Chemistry gives an instance of the poisonous effect of aniline colors upon the skin in the experience of a gentleman of Byfield. He had, a few days previous, purchased some new undershirts of cotton, colored with various tints, among which aniline red predominated. In a short time after putting on the garment a peculiar eruption, of an irritating nature, appeared on the portion of the body covered by the cloth. The effects were not merely local, but to a considerable extent constitutional, pain and uneasiness being experienced in the back and lower extremities. In proof that the eruption was caused by the dye colors, it may be stated that a portion of the garment about the upper part of the chest was lined with linen on the under side, and wherever this came in contact with the skin no eruption or redness appeared. It is not probable, the JOURNAL remarks, that the number of persons is large who possess such idiosyncracies of constitution as to be easily poisoned by dye colors, but that there are some does not admit of a doubt.



MEDICAL VALUE OF ASPARAGUS AND CELERY.

A medical correspondent of an English journal says the advantages of asparagus are not sufficiently appreciated by those who suffer with rheumatism and gout. Slight cases of rheumatism are cured in a few days by feeding on this delicious esculent; and more chronic cases are much relieved, especially if the patient avoids all acids, whether in food or beverage. The Jerusalem artichoke has also a similar effect in relieving rheumatism. The heads may be eaten in the usual way; but tea made from the leaves of the stalk, and drank three or four times a day, is a certain

remedy, though not equally agreeable.

So the English paper says. It may be well to remark that most plants which grow naturally near the sea coast contain more or less iodine, and in all rheumatic complaints iodine has long been a favorite remedy. One who was long in the drug business told the writer some years ago that many of the popular patent nostrums which some disinterested people—"solely for the good of their fellow-creatures"—sold at "two dollars a bottle," consisted simply of a few cents' worth of iodine in solution.

It is dangerous, however, in over-doses, effecting especially the eyes. The same effect may be produced by eating abundantly of asparagus or celery, which are well-known sea-side plants. If these have no effect, the patent specifics will not, and in that case a conscientious and intelligent physician is the best resort.

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A NOVEL CURE FOR DYSPEPSIA.

The following is Dr. Brown-Sequard's method of treating dyspepsia, which he claims has been successful, in the majority of cases, during the last ten years of his practice: The plan consists in giving but very little of solid or fluid food or any kind of drink at a time, and giving these things at regular intervals of from 10 to 20 or 30 minutes. All sorts of food may be taken in that way, but during the short period when such a trial is made, it is obvious that the fancies of the patient are to be laid aside, and that nourishing food, such as roasted or broiled meat, and especially beef, mutton, eggs, well-baked bread, and milk, with butter and cheese, and a very moderate quantity of vegetables and fruit, ought to constitute the dietary of the patients we try to relieve. This plan should be pursued two or three

weeks, after which the patient should gradually return to the ordinary system of eating three times a day. The most varied diet, as regards the kind of food can be followed under this plan as well as when one has only two or three meals a day. The only absolutely essential points are that the amount of food taken every 10, 15, 20, or 30 minutes be very small (from one to four mouthfuls), and that the quantity of solid food in a day be from 32 to 40 ounces, or a little less when, instead of water, the patient drinks beef-tea or milk.



CARE OF THE TEETH.

If all were aware of the fact that both vegetables and animals effect a lodgement in the interstices of unclean teeth, and flourish in that situation, there would be a more universal and rigorous administration of the tooth-brush than at present prevails. To be sure, the vegetable and animal parasites that thrive in the mouth are very minute—microscopical in fact; but the very idea, in its most shadowy presentation, is repugnant to a refined taste. One of the PLANTS most commonly found in the teeth, and the most fruitful cause of caries, is the *LEPTOTHRIX BUCCALIS*. It is a little affair, but has no simpler name to go by. Its favorite locality is in the openings between the teeth. When acids taken with food medicines or secreted abnormally by the mouth itself, have softened the enamel of the teeth, this fungus acts with great rapidity in effecting the decay of the teeth. The ordinary means of cleaning the teeth do not affect the parasitic growth, but soapy water appears to destroy them. Dr. Demitt, an authority in dentistry, recommends that the teeth be brushed at least twice a day with a fine powder and a little soap. The brush should be soft, with the

hairs not too finely set, in order that they may penetrate into the interstices of the teeth.



THE TOOTHACHE.—An exchange gives the following:

“My dear friend,” said Mr.H. “I can cure your toothache in ten minutes, easily.”

“How? how?” I inquired. “Do it in pity.”

“Instantly,” said he, „Have you any alum?”

“Yes.”

“Bring it, and some common salt.”

They were produced. My friend pulverized them, mixed in equal quantities, then wet a small piece of cotton, causing the mixing powder to adhere, and placing it in my hollow tooth.

“There,” said he, “if that does not cure I will forfeit my head. You may tell this to every one, and publish everywhere. This is infallible.”

It was as he predicted. On the introduction of the mixed alum and salt, I experienced a sensation of coldness, and with it —the alum and salt—I cured the torment of the toothache.



CLOTHING OF INFANTS.

In the first stage of infancy warmth depends on clothing alone, for there is no muscular movement.

Avoid a degree of warmth which produces sensible perspiration.

Flannel and calico are the best materials in all seasons.

Dress the child loosely, and fasten with strings, not pins.

Avoid keeping the child’s head too warm, or its feet too cold.

Avoid chilling the child, or taking it abroad in cold weather.

Attend to the form and size of the child's shoes, so that the feet shall not be cramped.

The practice of plunging infants into cold water, to render them hardy, is exceedingly dangerous.

Let a child's washing be very completely performed. Keep the child always perfectly clean and neat.



How to Grow Fat.

If any one wishes to grow fleshy, a pint of milk taken before retiring at night will soon cover the scrawniest bones. Although now-a-days we see a great many fleshy females, there are many lean and lank ones who sigh for the fashionable measure of plumpness, and who would be vastly improved in health and appearance could their figures be rounded with good solid flesh. Nothing is more coveted by thin women than a full figure, and nothing will so rouse the ire, and provoke scandal of one of those "clipper build's" as the consciousness of plumpness in a rival. In cases of fever and summer complaint, milk is now given with excellent results. The idea that milk is "feverish" has exploded, and is now the physician's great reliance in bringing through typhoid patients, or those in too low a state to be nourished by solid food. It is a mistake to scrimp the milk-pitcher. Take more milk and buy less meat. Look to your milkmen, have large sized, well filled milk-pitchers on the table each meal, and you will also have sound flesh and light doctor's bills.

How People Get Sick.

Eating too much and too fast, and swallowing imperfectly masticated food; by taking too much fluid during meals; keeping late hours at night and sleeping too late in the morning; wearing clothing too tight, so as to relax the circulation; wearing thin shoes; neglecting to take sufficient exercise to keep the hands and feet warm. Neglecting to wash the body sufficiently to keep the pores of the skin open. Exchanging the warm clothing worn in a warm room during the day to light costumes and exposure incident to evening parties. Starving the stomach to gratify a vain and foolish passion for dress; keeping up a constant excitement, fretting the mind with borrowed troubles; employing cheap doctors and swallowing quack nostrums for every imaginary ill; taking meals at irregular intervals.



Retire Early.

Sleep obtained two hours before midnight, when the negative forces are in operation, is the rest which most recuperates the system, giving brightness to the eye and a glow to the cheek. The difference in the appearance of a person who habitually retires at 10 o'clock and of one who sits up until 12, is quite remarkable. The tone of the system, so evident in the complexion, the clearness and sparkle of the eye, and the softness of the lines of the features, is, in a person of health, kept at "concert pitch" by taking regular rest two hours before 12 o'clock, and thereby obtaining the "beauty sleep" of the night. There is a heaviness of the eye, a sallowness of the skin, and an absence of that in the face which renders it fresh in expression and round in ap-

pearance, that readily distinguishes the person who keeps late hours.



SLEEP.--Sleepless persons should court the sun. The very worst soporific is laudanum, and the very best, sunshine. Therefore it is very plain that poor sleepers should pass as many hours as possible in the sunshine, and as few as possible in the shade. Many women are martyrs, and yet they do not know it. They shut the sunshine out of their hearts, they wear veils, they carry parasols, they do all possible to keep off the most potent influence which is intended to give them strength and beauty and cheerfulness. Is it not time to change all this, and so get color and roses in our pale cheeks, strength in our weak backs, and courage in our timid souls? The women of America are pale and delicate, but with the aid of sunlight they may be blooming.



Causes of Disease are—

1. Hereditary predisposition.
2. Injuries or accidents of life.
3. Atmospheric changes.
4. Habits.
5. Situation.
6. Occupation.
7. Mental disturbances.

Causes of Health are—

1. Dress.
2. Food.
3. Water.
4. Air.
5. Light.
6. Electricity.
7. Magnetism.

MISCELLANY.

—OO—

HOW AND WHEN TO SPEAK, AND WHAT TO SAY.

1. First, if you would be good talkers, you must form now—for you can do it only now—habits of correct and easy pronunciation. The words which you miscall now will cost you great pains in after-life to pronounce aright, and you will always be in danger of returning inadvertently to your old pronunciation. There are two extremes which you ought equally to shun. One is that of carelessness; the other, that of affected precision. The last fault always suggests vanity and pedantry.

2. Shun all ungrammatical expressions and vulgarisms, which always grate harshly upon the ear. If you permit yourself to use them now, you will probably never get rid of them. I know a venerable and accomplished lawyer, at the head of his profession and moving in the most refined society for half a century, who to this day says haint for has not, having acquired the habit when a school-boy.

3. Another offence against good taste is the use, especially by young ladies, of extravagant expressions—splendid for pretty, magnificent for handsome, and the like. This habit has a very bad moral bearing. Exaggerated speech makes one careless of the truth. We can hardly trust the testimony of a person who in conversation is indifferent to the import of words. I am acquainted with persons who have lost reputation for veracity solely through the habit of extravagant expression.

4. It may not be amiss to notice a class of phrases often employed to fill out a sentence, such as—I declare—That's a fact—Did you ever!—Just so. All these forms of speech disfigure conversation and give unfavorable impressions as to the good-breeding of the person using them.

5. When you are in company talk often, but never long. In that case, if you do not please you are sure not to tire your hearers. There are many persons who, though they have nothing to talk of, never know when to leave off talking. There are some who labor under so great and insatiable a desire for talking, that they even interrupt others when about to speak.

6. Tell stories seldom, and only when they are short and apt. Omit every circumstance that is not material, and beware of digressions. Have the whole tale well settled in your own mind, with every name and expression ready at hand, that you may not be obliged at every turn to call for assistance to help you through.

7. If you are to relate any thing said or done by a number of persons, avoid too frequent use of the expression "he said," or "he replied." They are indefinite: the pronouns often agree equally with all the individuals, and their use leads only to ambiguity.

8. There is nothing more impolite than seeming inattention to the person addressing us. I have seen people who, instead of looking at and attending to one addressing them, would fix their eyes upon the ceiling, or some other part of the room, or look out of the window, or play with the dog. Nothing more than this discovers a little and frivolous mind; and nothing is more offensively ill-bred.

9. Neither is it consistent with good manners, when another is speaking, to divert attention from the speaker by calling it in another direction: unless the company be so

large as to leave him still a sufficiently good audience.

10. Another ill habit with many is to break in upon the speech of another before he has finished, which is as much as to say, "That is not worth our time; listen to me." And sometimes if one be somewhat slow of speech they will supply him with words, or even take the speech out of his mouth, and finish the story themselves, as if they alone were rich in words and competent in wisdom.

11. Never display your learning except on particular and necessary occasions. Reserve it for suitable times, and then let it be drawn from you, rather than exhibited with vain ostentation.

12. Upon all occasions avoid, if possible, speaking of yourself. But if in narrative we are obliged to mention ourselves, care should be taken not to drop a single word that can be construed into self-commendation or a desire for compliment. If we are silent, neither envy nor ridicule will allay the approbation we really deserve; but if we are our own panegyrists, however artfully disguised, every one will conspire against us, and we shall miss the very end we aimed at.

13. Take care never to seem dark and mysterious: this is not only a very unamiable but a very suspicious character. If you seem mysterious with others, they will be really so with you.

14. Never talk of your own, or of others' domestic affairs. Yours are of no interest to them, and theirs should not be to you. Besides, the subject is of so delicate a nature, that with the best of intentions it is a chance if we do not make some mortifying mistake, or wound the feelings of some one of the company.

15. In our intercourse with mankind we ought to be cautious not to obtrude our advice too officiously upon others,

nor show too deep an interest in their affairs. To give advice unmasked is, in effect, to declare that we are wiser than the persons advised, and to reproach them with ignorance and inexperience. This freedom ought to be taken only with those to whom we are united by the most intimate friendship, or those committed to our care and instruction.

16. Never indulge in general reflections upon whole classes of men, or associations, or societies; for thereby you needlessly make many enemies. Among all associations there are, as everywhere in the world, both good and bad, all actuated by the same passions and sentiments as mankind generally, and it is as unjust as imprudent to speak to the discredit of all because of a few. Judge of individuals from your knowledge of them, not from their sex or profession.

17. Private scandal should never be the subject of conversation; for though the defamation of others may gratify a present ill-will, yet reflection will always disincline us to the acquaintance of the scandal-monger. We never feel ourselves safe in the hands of one who has defamed others. Moreover, in scandal, as in robbery, the receiver is reputed as bad as the thief.

18. Neither ought we to indulge in mimicry or buffoonery merely to elicit laughter. Mimicry, which is the common and favorite amusement of low minds, is the contempt of elevated ones. Besides, it is little less than downright insult to the person mimicked. The manner in which conversation is embellished by some, by distortions of the mouth, or eyes, or face, are the tricks of a clown rather than the accomplishments of a gentleman or lady.

19. Special care ought always to be taken never to allude in the remotest way to any thing that may be unpleasant in the history or unbecoming in the personal appearance or dress of any of the company. If any one is so unfortu-

nate as to possess any disability or disfigurement, no one but the most thoughtless or uncultivated would make it the subject of remark. There is much we must learn not to see, as well as many things not to know.

20. Conversation should never be allowed to fall into separate or little knots, so that one here or there should remain alone or be excluded altogether. It should be carried on in appropriate tones of voice, somewhat raised or strengthened for the aged and those who may not hear readily; quick, firm, and spirited for those of middle age, with faculties in full strength; and somewhat gentler to the young, that they be not checked, and slower, that they may have time to frame an answer. Should the conversation become dull at any moment, or should even an awkward pause ensue, seem not to notice it, but rather try to gather up the broken thread, or to introduce some new topic.

21. Be not too ready to find some point of disagreement. There are those who seem ever on the watch to catch up some word wheron they may hang a controversy. Before we assume that we do not take the same view of the subject that a speaker does, we should carefully examine the terms he uses, to see if we attach the same meaning to them, and to ascertain how far our thoughts do agree. Few persons are more unwelcome than those who are ever ready to say, "Hold there, I don't agree with you."

22. But if our opinions are altogether diverse, our dissent should be so expressed as to cast no reflection upon our antagonist. We should accustom ourselves to an elegant, modest, and pleasing manner of expression, such as will have nothing offensive to those with whom we disagree. Thus, instead of saying, "Sir, you do not understand me," say rather, "I believe I do not express myself as clearly as I should." It is better, also, to say, "Let us consider the

natter more carefully whether we view it alike," than, "It is not so," or, "You mistake."

23. It is a polite and amiable practice to make some excuse for another, even in those instances where we are sure he is in error. And when he alone is under misapprehension, we may approach him much more agreeably and effectively by representing the mistake as common to us both, and then venture to reprove him in some such expression as this, "We are under a grave mistake here."—*From "Mental and Social Culture."*

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Henry Ward Beecher on Reading.

To the question; What shall we read? it is impossible to return a very definite answer. It depends on what things are within your reach—on your health, your education, your occupation. To keep up with the world's current events every one should read one or more newspapers. A good family journal, if within reach, should be carefully read. History, biography, and travels should of course be a part of every one's reading. But in this article we do not so much wish to point out the class of works to be read, as to make some suggestions as to method.

Every man should strive to own a good full dictionary, a good general atlas, an encyclopedia, and a good gazetteer. These should be owned if possible, at once; otherwise let one save money by every means, and procure them as fast as possible. If one has fair wages, and has the courage to live within his means, and to save every month, then let him run in debt for them.

A good debt is often like an anchor and holds an honest man steady. It will help an honest man to save, if he has right before his eyes in the end to be gained, and much mon-

ey will thus be invested which might otherwise be run down one's throat, or be fooled away in trivial sums. But these books are foundation books, and ought to be within reach. To borrow them is much like borrowing a candle, a teacup or a bed. They are things which every man should have as near him as a man has his tools.

Now with this stock in trade come some suggestions about reading. Never read anything without going over it afterward in your mind, see if you can state to your self the substance of what you have read. It would be well when it can be done, to repeat to some one the information you obtain. It will tend to fix attention while reading, will prevent that smooth dreamy way of gliding over subjects with a vague general impression only.

Never suffer a word to pass the meaning of which is not clear to you. No matter how often you have to pause go right to the dictionary, and find out the history of the word. Do not ask your neighbor. By looking it up yourself your attention will be specially directed to it, so that you will not be likely to forget it. In this way one's vocabulary will be increased with wonderful rapidity. A word once conquered, becomes ever after your faithful servant.

Do not pass by a name or place without finding out about it in your gazetteer or biographical dictionary—which by and by should be added to the list of fundamental books. Go to the atlas for every geographical fact. Read with your map open when you are upon historical subjects. Associate your knowledge with the typography of the country to which it belongs.

Do not spare trouble. Do not be too lazy to take down your feet, and stretch out your arm for a book of reference. After a short experience of such thorough reading one's self respect will be increased, and he will experience so much

pleasure in this course that he will need no exhortation.

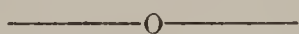
Often plain men who read to themselves, are very faulty in their pronunciation. Therefore as much as you can, read aloud, and go to the dictionary and gazetteer whenever a new, difficult or doubtful word comes to you.



Reading One's Hair.

As long (says the author of the "Hair Markets of Europe") as girls will wear as much false hair as that naturally belonging to them, it will be puerile to attempt to read the character or disposition in the fashion or character of the locks displayed; but viewed naturally, the hair is as great an index of temperament and disposition as the features. Mr. Creer, in his volume on hair, for instance, quotes the following indications of character, founded upon the color and texture of flowing locks, from a book recently published in Paris, entitled "Secrets of beauty:" "Coarse black hair and dark skin signify great power of character, with a tendency to sensuality. Fine black hair and dark skin indicate strength of character along with purity and goodness. Stiff, straight black hair and beard indicate a coarse, strong, rigid, straightforward character. Fine dark brown hair signifies the combination of exquisite sensibility with great strength of character. Flat, clinging, straight hair, a melancholy, but extremely constant character. Coarse red hair indicates powerful animal passions, together with a corresponding strength of character. Auburn hair, with florid countenance, denotes the highest order of sentiment, intensity of feeling and purity of character, with the highest capacity for enjoyment or suffering. Straight, even, smooth and glossy hair denotes strength, harmony and evenness of character, hearty affections, a clear head

and superior talents. Fine, silky, supple hair is a mark of a delicate and sensitive temperament and speaks in favor of the mind and character. White hair denotes a lymphatic and indolent constitution. And we may add that, besides all these qualities, there are chemical properties residing in the coloring matter which undoubtedly have some effect upon the disposition. Thus, red-haired people are notoriously passionate. Now, red hair is proved by analysis to contain a large amount of sulphur, while very black hair is colored with pure carbon. The presence of these matters in the blood points peculiarities of temperament and feeling which are almost universally associated with them. The very way in which the hair flows is strongly indicative of the ruling passions and inclinations, and perhaps a clever person could give a shrewd guess at the manner of a man or woman's disposition by only seeing the back of their hair.



How to Retain a Good Face.

A correspondent has some good ideas on the importance of mental activity in retaining a good face. He says: "We were speaking of handsome men the other evening, and I was wondering why K. had so lost the beauty for which five years ago he was so famous. 'Oh, it's because he never did anything,' said B.; 'he never worked, thought, or suffered. You must have the mind chiseling away at the features if you want handsome, middle-aged men.' Since hearing that remark I have been on the watch to see whether it is generally true—and it is. A handsome man who does nothing but eat and drink grows flabby, and the fine lines of his features are lost; but the hard thinker has an admirable sculptor at work, keeping his fine lines in repair, and constantly going over his face endeavoring to improve, if possible, the original design."

BEING SOCIABLE.

Some people display a wonderful tact for unsociability. It is not so much by their silence, their modesty, or their reserve, as by a peculiar disposition they manifest—an indefinable atmosphere in which they envelop themselves so as to repel the advances and resist the invitations of others. Indeed, silence is not inconsistent with social feelings, and those who say little and listen much and well are always popular in society. It was Miss Edgeworth who, after talking with charming and incessant volubility to a deaf mute for an hour, remarked that he was one of the most intelligent and interesting persons she ever met. Oftentimes those who talk most have least real sociability. Their gabble hides their utter want of social feeling and personal sympathy. Their prattle is purely selfish, mechanical and cold. Volubility and vacancy seem to be naturally related to each other, and oftentimes the tongue is the substitute for thought instead of its organ. Sociability and loquacity may co-exist in the same person; but generally the one who talks the most thinks and feels the least.

True sociability is a matter of sentiment, of mind, of character, rather than of words. It comes from a surplus of sympathy, of kind feelings, of personal regards, of contagious interest in things and thoughts. It is the overflow of the generous and kindly qualities of the heart, those which make us social beings, those which bind us most closely, and tenderly to others and the family to which we belong. All real interest in others, all quick and generous sympathy, all desire to communicate with others and share in their experiences and participate in their life, enter as constituents into a true sociability. It is the humanity in us in communication with the humanity without us which makes

the charm and sweetness and value of social intercourse. The hard and selfish nature is unsocial. The proud, vain, self-seeking temper destroy sociability. People who care only for themselves may run against others every moment, but their contact is as purely mechanical as the attrition of logs in a river, or pebbles on the beach. The talk which comes from no kind impulse and no kindly regard, but is manufactured by will merely because it is expected, is as destitute of social quality as the bellows which make a breeze when pressed; and the talk made to display the speaker's wit or cleverness or learning is exhibition but not conversation.

A great deal of the calling and twittering and my-dearing have no more real connection with sociability than the flowers and feathers on a woman's hat have with her head. They are purely artificial, and tacked on by the milliner. There is a vast deal of social millinery, however, which passes for nature's handiwork; and people are often praised for their fine social qualities merely because they are adepts in the art of saying pretty nothings by the hour, and exhibiting themselves in other people's drawing-rooms in an entertaining way. And, on the other hand, those who are eminently social in nature and spirit are often condemned as unsociable because they say little, and do not care to exhibit themselves and turn their hearts inside out for other people to admire. Perhaps they are deficient in the graces of cultivated society; they may not have the gift of rapid utterance or sparkling repartee; they may find it hard to intrude their thoughts and feelings upon others while more voluble natures make the air vocal with their incessant buzz. But behind their reticence, and beneath the disguise of modest and unattractive ways, are all the elements of the truest sociability, which it requires but the least penetra-

tion to discover and the fit occasion to bring out.

Being sociable requires something more than ceaseless chattering and gadding about. It requires the culture and expression in all proper and helpful ways of those thoughts and sentiments which are unselfish, generous, sympathetic and human. It means a pervading interest in others and the general good. It means the lively commerce of mind with mind, and communication of heart with heart, by listening as well as by speaking, by large receptivity as well as generous giving. And this sociability is just what is wanted to redeem our social intercourse and make our coming together helpful, stimulative, and ennobling.—*Golden Age*.



Unprofitable Acquaintances.

There is not the least necessity of frittering away much time on people who are neither profitable, congenial, or in any way companionable, although there is an immense amount of time wasted in that manner, and a deal of scolding done in consequence.

Those who have nothing to do but chatter, lounge about in easy chairs, eat bon bons, and conjure about their neighbors, will soon seek more welcome quarters if one continues the duties and labors of the day regardless of their presence. The atmosphere of industry does not harmonize with chronic idleness.

How often it occurs that entire plans for the day are frustrated by an untimely visit from the last person one would care to see! Important matters are neglected merely to be civil and hospitable, purely from a cannot-help-yourself feeling.

Entertaining people without being at all entertained or

edified in return, is the most stupid, thankless task one can assume. There is absolutely nothing to be gained from it in the end.

The only true, successful and lasting basis for sociability and companionship is sympathy of thought or similarity of pursuits.

It is unwise to have or permit acquaintanceships which cannot prove pleasurable or beneficial.

Now and then it may be pardonable in a man or woman to treat a consummate "bore" with consideration because he has money, and can be induced to lend a few dollars in an emergency, but the obeisance and sacrifice made to money are generally too low, frequent and fawning. Money and clothes are not recommendations to the friendship of those who amount to anything intellectually, still they are too apt to win soft smiles, gentle words and flattery from the masses, and pass for much that exists only in dazzled imaginations.

Such twaddle as people endure because gilded with money is almost enough to discourage the poor from seeking after knowledge. Rich ignorance and vulgarity snub impecunious culture and refinement, and the people bow in submission. "She is an heiress," or "he is rich," settles all questions of equality and merit, and the poor are discounted at once.

There are a few eccentric individuals who do not regard money above all else, and they will not bend the knee to that which is tasteless and uncongenial. Such persons are not popular; but they enjoy freedom from the trammel of unwelcome guests, and cringing to the unworthy is to them unknown. Blessed be such eccentricity.

Some Impolite Things to Avoid.

Loud and boisterous laughing.

Reading aloud in company without being asked.

Cutting finger nails in company.

Gazing rudely at strangers.

Correcting older persons than yourself, especially parents.

Receiving a present without an expression of gratitude.

Talking about yourself.

Laughing at the mistakes of others.

Commencing talk before others have finished speaking.

Answering questions that have been put to others.

Commencing to eat as soon as you get to the table; and

Not listening to what one is saying in company.



CHAT WITH THE CHILDREN.

COURAGE.

Children, I have something to say to day about courage. This splendid word grew out of the Latin word *cor*, which means heart. So to understand the word we must know what heart is. You may have heard of good-hearted boys and men. This means clever, good-natured, kind, jolly boys and men; genial fellows ever ready to do a kind deed; unselfish fellows, who don't want all the good things for themselves, but are ever ready to share them with their mates. So again of honest-hearted, which means simple, straight-forward, innocent, and truth-telling; heavy-hearted, which means sad, sorrowful, dejected and down-cast; hard-hearted, which means cruel, wicked and unkind; proud-hearted which means vain, conceited and foppish; pure-hearted, which means genuine, true and honest, without spot, and not tarnished, true and chaste. So you have heard

of faint-heartedness, which means to get discouraged, dispondent, blue; to be weak, idle, lazy, and to fail. The heart, however, I am to talk about now is the courageous heart. This means the strong, the brave, the bold, the fearless, the enterprising, the heart that never says, "I can't." I believe nearly all little children are brave. They don't know much about fear. Till they have been burned they are not afraid of a red hot stove. Till they have been cut they are not afraid of sharp knives. They do not fear to go close to horses' heels, stand on the edge of steep places, play on the track of a railroad. There comes, however, with knowledge, fear. Fear has a bad effect on courage. A baby has no fear, but a boy of five years old has. He is afraid in the dark, and magnifies a shadow or a nothing into a monster. He fears to sleep alone, to speak to a stranger, to go to a new and strange place. Now this being afraid has its uses; but too much fear is bad, and courage is its true cure. The courageous boy is not afraid of his shadow. And now I want to tell you the story of a dog that had more fear than most dogs; and perhaps with reason too, for when a puppy he was taken away from his quiet home to a region full of dangerous animals, such as he nor his ancestors before him had never seen or heard about. The result was he was constantly in fear, and had not courage enough to go out of his kennel or away from his home. One day a great magician came along and asked him why he never went out into the fields and woods for air and exercise, when he told him he was afraid of snakes and panthers, lions and other fierce creatures. The magician took from his bag some powder and told him to eat that and it would change him into a snake, when perhaps he would be fearless. When he ate it he was at once changed to a snake, but instead of biting anybody he crawled off to a hole and staid there, only ven-

turing forth to catch mice and birds which might be away from home. As a snake he was constantly in fear his head would be snapped off, and when the magician came round again he begged to be changed into a lion. "As a lion" said he "I shall know no fear." So, quick as a wink he was made into a lion and placed in a thick jungle. It was not long before he heard a terrible roaring and screaming in the woods. It must have come from all the lions and tigers in the region. He had never in his life heard such noises; but instead of going out boldly to see what it was he sneaked away and hid, and was nearly starved when the magician came round again. He upbraided him for his cowardice and made him go back to his former condition as a dog. "You have the heart of a coward" said he, "and a coward you will ever be, either as a dog, snake, or lion." So it ever is, courage always comes from the heart. And if boys and girls want to be brave and fearless they must practice while young such things as will make them so. They must get over being afraid in the dark; not be frightened at thunder and lightning, not run at the sight of blood, not tremble in their shoes when speaking a piece. There are some things, however, it is well to be afraid of. One is to tell a lie; another is to speak a cross, unkind word to father or mother, brother or sister; another is to drink or smoke; another is to live a lazy life, and another is to do anything you are ashamed of. If you are afraid of these things we may safely hope you will make a mark in the world somewhere and somehow. Your name may not be heralded on the wings of fame all over the globe, nor inscribed upon the page of history, but it will be cherished by those who know and love you, and that is enough to satisfy the ambition of most persons. With this lesson I will leave you for another month.—*Herald of Health.*

The Naming of Children.

One of the most common, foolish, and mischievous habits, is that of naming babies after historic characters or persons who have achieved contemporaneous distinction. The smaller the chance the children have of ever achieving any resemblance to those with whose title they are crushed from the first, the greater the likelihood of the bestowal of such titles. A narrow and ignorant man, living in some rural and semi-civilized region, is more inclined to call his boy, born under every disadvantage of circumstances, after some celebrated poet or scholar, than a wealthy and cultivated citizen would be on whom fatherhood had fallen. A woman to whom fate has always been unkind, whom poverty and toil have narrowed and vulgarized, blindly reaches out towards the ideal, by stamping her graceless and commonplace daughter with a name acquired from a popular romance. It may be said that fair names may exercise a favorable influence, and serve as models and patterns for the namesake. So they may, if there be any similarity or concord between the two; but when there is not, when the two natures are opposite, perchance antagonistic, the heavy capital overweighs and weakens the slender column. Names to be beneficial and inspiring to their bearers, must either find or beget corresponding tendencies.

The injury William Shakspeare, John Milton, George Washington, Daniel Webster, and a hundred others have done at the baptismal font can never be reckoned. It is doubtful which would have been better—that they should not have been born, or that the nominal wearers of their honors should not have been. I am sure hundreds of promising and naturally clever boys have been spoiled by indiscretions of nomenclature. How can a sensitive and competent

youth, with an ardent proclivity to and many gifts for literature, obey the bent of his inclination when everybody is aware that he is William Shakspeare Jones, or Smith, or Brown, or anything else? He inevitably shrinks from comparison, dreading lest his efforts, creditable as they may be, should be made contemptible thereby. Can a healthy, impulsive, warm-blooded lad, with George Washington thrust upon him, be expected to accomplish anything, knowing as he must that George Washington has always been portrayed as the most unnaturally perfect and momentous of mortals? Who shall say how many retiring, cloistered natures have been embittered by discovering in their first thinking years how ridiculous their parents had made them by styling them Napoleon Bonaparte? Of course, they wrote only their initials, and then they were perpetually mortified to hear themselves called Nota Bene Wiggins or Take Notice Simpson. Boys bubbling over with animal spirits, and fond of adventure, have doubtless been driven to vicious extremes by having John Calvin or John Knox tacked to their patronymics. The entire law of their being prevented them from imitating those ascetic theologians, and so they deliberately became profligate from contradiction and from a vague sense of the wrong that had been put upon them. I have known Melancthons and Wilberforces to be thieves, and Solomons and Solons to be circus clowns; and I make no question but the former went in disgust to the opposite extreme, or that the latter were resolved to caricature the ancient sages by becoming the most melancholy of fools.

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He Could be Trusted.

Alfred was missing one night about sunset. Mother was getting anxious, for she always wished him to be home ear-

ly. A neighbor coming in, said a number of boys had gone to the river to swim. and he thought it likely Alfred was with them.

"No," said the Mother, "he promised me that he would never go there without my leave, and he always keeps his word."

But seven o'clock came, then eight, and mother was still listening for Alfred's step; but it was half-past eight before his shout and whistle were heard when he ran in at the gate.

"Confess now," said the neighbor, "that you have been to the river with the other boys, and so kept away till late."

How the boy's eyes flashed, and the crimson mounted to his cheeks!

"No, sir! I promised my mother that I would never go there without her leave, and do you think I would tell a falsehood? I helped James to find the cows that had strayed into the woods, and didn't think I would be so late."

James coming up the street just then, came in to say that he was afraid they had been alarmed; he and Alfred had been so far in the woods it made them late in getting home.

"I think," said the neighbor, turning to the mother as he took his hat to go home, "there is a comfort in store for you, by him. Such a boy as that will make a noble man."

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Sensible Conclusion.

Young men are very likely to keep the traits of character they had in boyhood, and if a boy does well at home and at school, an employer is generally ready to take him on trust. The Child's Paper gives a case in point:

"Sir," said a lad, coming down a wharf in Boston, and addressing a well known merchant, "sir, have you any berth for me in your ship? I want to earn something."

"What can you do?" asked the gentleman.

"I can try my best to do whatever I am put to," answered the boy.

"What have you done?"

"I have sawed and split all mother's wood for nigh two years."

"What have you not done?" asked the gentleman, which was a queer sort of question.

"Well, sir," answered the boy, after a moment's pause. "I have not whispered once in school for a whole year."

"That's enough," said the gentleman, "you may ship aboard this vessel, and I hope to see you master of her some day. A boy who can master a wood pile and bridle his tongue must be made of good stuff."

—————oo—————

Stuffed Dog.

A Worcester boy was engaged in nocturnal cherry-stealing, a short time ago, and was observed by the owner of the fruit, who, unnoticed by the young robber, placed a stuffed dog at the foot of the tree, and retired to watch the result of the strategy. The boy descending observed the dog, and then the fun commenced; he whistled, coaxed threatened unavailingly, the animal never moving, and finally the youth, accepting the inevitable, settled down to passing the night in the tree. After some hours had passed wearily enough to the lad, morning dawned, and the proprietor of the tree, coming from the house, asked him how he came to be in the tree, to which the boy answered that he took to it to save himself from the dog, which had chased him quite a distance. It isn't healthy for a smaller boy to say stuffed dog to that youth now.

Woman's Rights.

The following are the opening sentences of an address on this subject by Mrs. Skinner:

Miss President, fellow wimmen, and male trash generally: I am here to day for the purpose of discussing woman's rights, re-cussing her wrongs, and cussing the men.

I believe sexes were created perfectly equal, with the wimmen a little more equal than men.

I also believe that the world would to-day be happier if man had never existed.

As a failure, man is a success, and I bless my stars that my mother was a woman. [Applause].

I not only maintain these principles, but I maintain a shiftless husband besides.

They say man was created first. Well, 'spose he was. Ain't first experiments always failures?

If I was a betting man I would bet \$2.50 they are.

The only decent thing about him was a rib, and that went to make something better. [Applause].

And then they throw into our face about Eve taking an apple. I'll bet five dollars that Adam boosted her up the tree and only gave her the core.

And what did he do when he was found out? True to his masculine instincts, he sneaked behind Eve's Grecian bend, and said, "'Twasn't me; 'twas her;" and woman had to father everything mean, and mother it too.

What we want is the ballot, and the ballot we're bound to have, if we have to let down our back hair, and swim in a sea of sanguinary gore. [Sensation].

Worth Knowing.

During the warm weather kid gloves are easily soiled, particularly as the prevailing colors are quite light, and as it costs some time and money to have them cleaned at the dyer's, we let our readers into the secret of cleaning them at home, which can be done just as well as if paid for outside. Take a little sweet milk and a piece of white or brown soap. Fold a clean towel three or four times, spread it over your dress, and spread out the glove smoothly upon it. Take a large piece of white flannel, dip it into the milk, then rub it upon the soap, and rub the glove downwards towards the fingers, holding the wrist in the left hand. Continue this process until the glove, if white, looks of a dingy yellow, but if colored, looks dark, and entirely spoiled. Now let it dry, and then rub it on your hand, and it will be smooth, soft, glossy and clean. Take care, however, to omit no part of the glove in rubbing it, and see that all the soiled parts are thoroughly cleansed. This process applies only to white and colored kid gloves. For black gloves that are soiled, turned white, and otherwise injured, take a teaspoonful of salad oil, drop a few drops of ink into it, and rub it all over the gloves with the tip of a feather; then let them dry in the sun. White kid boots and slippers can also be cleaned by the first process to look "as good as new," and black kid boots and slippers can be restored to their pristine gloss by the latter method.



A Secret for Ladies.

Oat meal is good for something besides food. All young ladies who desire white hands will please hearken. It is only necessary to sleep in a pair of boxing gloves, and for a

bath oat meal is excellent. If economically inclined and country bred, it can be fed to the horses and cattle as oat-meal mash after being used. Oat meal contains a small amount of oil that is good for the skin. To make the hands soft and white, one of the best things is to wear at night large mittens of cloth filled with wet bran or oat meal, and tied closely at the wrists. A lady who had the whitest, softest hands in the country confessed that she had a great deal of housework to do and kept them white as idlers' by wearing bran mittens every night. The paste and poultices owe most of their efficiency to their moisture, which dissolves the old, coarse skin and to their protection from the air, which allows the new skin to become tender and delicate. Oat meal paste is as efficacious as anything, though less agreeable than paste made of the white of an egg, alum and rose-water. The alum astringes the flesh and makes it firm, while the egg keeps it sufficiently soft, and the rose-water perfumes the mixture and makes the curd not so hard.



Items for Housekeepers.

Do everything at the proper time. Keep everything in its place. Always mend your clothes before washing them.

Alum or vinegar is good to set colors, red, green or yellow.

Sal soda will bleach; one spoonful is sufficient for a kettle of clothes.

Save your suds for the garden and plants, or to harden yards when sandy.

A hot shovel held over varnished furniture will take out spots.

A bit of glue, dissolved in skim milk and water, will restore old rusty crape.

Ribbons of any kind should be washed in cold suds, and not rinsed.

If flat irons are rough, rub them well with salt, and it will make them smooth.

If you are buying a carpet for **durability**, you must choose small figures.

A bit of soap rubbed on the hinges of doors will prevent them from creaking.

Scotch snuff, if put in the holes where crickets run out, will destroy them.

Wood ashes and common salt wet with water will stop the cracks of the stove, and prevent the smoke from escaping.

Green should be the prevailing color for bed-hangings and window-drapery.



Worth Remembering.

Benzine and common clay will clean marble.

Castor oil is an excellent thing to soften leather.

A dose of castor oil will aid you in removing pimples.

Lemon juice and glycerine will remove tan and freckles.

Lemon juice and glycerine will cleanse and soften the hands.

Spirits of ammonia, diluted a little, will cleanse the hair very thoroughly.

Lunar caustic, carefully applied so as not to touch the skin, will destroy warts.

Powdered nitre is good for removing freckles. Apply with a soft rag moistened with glycerine.

To obviate offensive perspiration, wash your feet with soap and diluted spirits of ammonia.

The juice of ripe tomatoes will remove the stain of wal-

nuts from the hands without injury to the skin.

A strong solution of carbolic acid and water poured into holes kills all the ants it touches, and the survivors immediately take themselves off.



Care of Canary Birds.

1. During the summer season you should have both a drinking cup and a bathing dish in the cage, and should wash them twice a day, and fill with fresh water. The seed cup should be filled every morning.

2. The room in which the bird is kept should never be warmer than 90 degrees.

3. Feed plain food. Now and then a lump of sugar does no harm; but, as a general rule, avoid sweets. Keep the cuttle fish dry and clean, and feed only fresh and dry seed.

4. Never place a cage where a draught can strike the bird.

5. Never smoke in a room where your bird is kept, as the odor of a cigar is fatal to canaries.

6. As a general rule, never keep the bird in a painted cage; for the birds will peck the wires, and it will lead to disease.

7. When your bird is shedding feathers, which is generally styled moulting, avoid draughts of air.

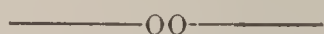
By obeying these simple directions, you can keep birds in excellent health for years.



How to Do Up Shirt Bosoms.

We have often been requested by lady correspondents to state by what process the gloss on new lineens, shirt bosoms,

etc., is produced, and in order to gratify them, we subjoin the following recipes: Take two ounces of fine white gum of Arabic powder, put it in a pitcher and pour on a pint or more of boiling water, according to the strength you desire, and then, having covered it, let it stand all night. In the morning pour it carefully from the dregs into a clean bottle, cork and keep it for use. A tablespoonful of gum water stirred in a pint of starch, made in the usual manner, will give to lawns, either white or printed, a look of newness, when nothing else can restore them after they have been washed.



Home-Made Vinegar.

Here are two methods of making good home-made vinegar: 1. To one pint of strained honey add two gallons of soft water. Let it stand in a moderately warm place. In three weeks it will be excellent vinegar. 2. Boil a pint of corn till it is a little soft; put it into a jar; add a pint of molasses and four quarts of water; mix well together and set near a stove. In two days it will be good beer, in two or three weeks it will be first rate vinegar. The same corn will do for several months. When the vinegar is made, pour it off and add molasses and water to the corn. We have not tested these recipes, but give them as we find them in the books.

Dandruff.—Some one asks, what will remove and prevent dandruff from coming in a lady's head? A friend of mine says she takes a little borax added to a pint of rain water, and washes her head occasionally with it. I often add a little borax or cooking soda to the rain water when I wash my hair brushes. It cleanses them nicely.

THE SEVEN WONDERS OF THE WORLD.

The seven wonders of the world are among the traditions of childhood, and yet it is a remarkable fact that ninety-nine persons of one hundred who might be asked the question could not name them. They are:

1. The Pyramids—the mystery of the past, the enigma of the present, and the enduring for the future ages of the world.

2. The Temple, the walls and hanging gardens of Babylon, the most celebrated city of Assyria, and the residence of the Kings of that country after the destruction of Ninevah.

3. The Chryselephantine statue of Jupiter Olympus, the most renowned work of Phidias, the illustrious artist of Greece. The statue was formed of gold, and was sitting on a throne almost touching the summit of the temple, which was seventy feet high.

4. The Temple of Diana, at Ephesus, which was 220 years in building, and which was 425 feet in length and 220 in breadth, and supported by 127 marble columns of the Ionic order, 60 feet high.

5. The Mausoleum at Halicarnassus, erected to the memory of Mausolus, the King of Caria, by his wife Artemesia, B. C. 259.

6. The Pharos, at Alexandria, a light-house erected by Ptolemy Soter at the entrance of the harbor of Alexandria. It was 450 feet high, and could be seen at a distance of 100 miles, and upon it was inscribed, "King Ptolemy, to the gods, the saviors, for the benefit of sailors."

7. The Colossus at Rhodes, a brazen image of Apollo, 105 Grecian feet in height, and located at the entrance of one of the harbors of the city of Rhodes.

American Wonders.

The greatest cataract in the world is Niagara Falls, where the water from the great upper lakes forms a river of three-fourths of a mile in width, and then being suddenly contracted, plunges over the rocks in two columns, to the depth of 175 feet.

The greatest cave in the world is the Mammoth cave of Kentucky, where any one can make a voyage on the waters of a subterranean river, and can catch fish without eyes.

The greatest river in the known world is the Mississippi, 4,000 miles long.

The largest valley in the world is the valley of the Mississippi. It contains five hundred thousand square miles and is one of the most fertile regions of the globe.

The greatest grain port in the world is Chicago.

The largest lake in the world is Lake Superior, which is truly an inland sea, being 430 miles long, and 1,000 feet deep.

The longest railroad in the world is the Pacific railroad, over three thousand miles in length.

The greatest natural bridge in the world is the Natural bridge over Cedar Creek, in Virginia. It extends across a chasm eighty feet in width, and 240 feet in depth, at the bottom of which the creek flows.

The greatest mass of solid iron in the world is the Iron Mountain of Missouri. It is 350 feet high and two miles in circuit.

The best specimens of Grecian architecture in the world, are in the Girard College for Orphans, Philadelphia.

The largest aqueduct in the world is the Croton aqueduct, in New York. Its length is $40\frac{1}{2}$ miles, and it cost \$15,500,000.

The largest deposits of anthracite coal in the world are in Pennsylvania, the mines of which supply the market with millions of tons annually, and appear to be inexhaustible.

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A Remarkable Man.

There lives in Ohio County, near Whitesville, Daviess County, a gentleman whose name is Henry T. Tanner, aged fifty-seven years. He never had a bad cold, has never voted for a President, has never been to his county-seat (Hartford), has not voted since 1861, though an old citizen, and has never been to his precinct but twice. At the age of twenty-three he lost, by straying, the only horse he ever owned, though he is now a well-to-do farmer. He went to hunt his mare, and failed in finding her, but found a wife and brought her home instead. She is twenty-five years older than he is. At the time of marriage her weight was 233 pounds, and his 123 pounds; now he weighs 230, and she 130. At one time since their marriage they weighed exactly the same, viz.: 233 pounds. Mr. Tanner is a very strong and healthy man. He has never lost but one meal of victuals from sickness. When he built his house he carried enough plank up a steep hill to lay the floor of a room 17x19 at two loads, and had six plank seventeen feet long left. It is his custom to go to mill three and five miles and carry the corn and meal, never using a horse, and carrying two bushels at a time. He has raised 3,000 pounds of tobacco, besides other crops, this year, and a horse has never been in the field. This is the usual crop he raises in the same manner, never using a horse. He has never hauled any fire-wood that he has burned, always carrying it. His brother Jonathan carried a rock weighing 700 pounds across a mill-dam, walking a timber only about eight inches in

width; the same brother cleared and fenced ten acres of land in one winter, carrying all the rails —seven to fourteen rails was his load. He and Mr. Henry Tanner wrestled four hours (different heats), and neither was thrown. Many other things could be truthfully said of this remarkable man, but we think this is sufficient to entitle him to the adjective. This account was given us by Mr. Tanner himself, and in the presence of several citizens of Whitesville, who vouched for the most of it as the truth.—Hawesville (Ky.) Plaindealer.

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The First Printed Book.

The first printed book on record is "The Book of Psalms," by John Faust and Peter Schœffer, in 1457—precise authors adding the date August 14th, probably meaning that it was finished on that day. The work which most signalized Faust, and his art was the Bible, which he began in 1450. and finished in 1460. Copies of this Bible he carried to Paris, where he offered them for sale as manuscripts, and had the misfortune to be imprisoned under the suspicion of dealing with the Evil One, for the French could not understand how so many books should so exactly agree in every letter and point; nor could the unfortunate printer obtain his release till he had divulged the method by which his books were produced.

—oo—

Care of Team Horses.

The Massachusetts Society for the Prevention of Cruelty to Animals presents the following concise rules for the care of horses, which will commend themselves to every horseman:

Potatoes and carrots may be given once or twice a week to good advantage.

See that your horse is kept clean, warm and comfortable, with plenty of bedding.

A piece of rock salt should always be left in the manger.

See that the harness is kept soft and clean, particularly the inside of the collar, which ought always to be smooth, as the perspiration, when dry, causes irritation, and is liable to produce galls on the shoulder.

The collar should fit closely, with space enough, at the bottom to admit a man's hand. If too large it has the bad effect of drawing the shoulders together.

On no consideration should a team or any work horse be compelled to wear a martingale, as it draws the head down, and prevents him from getting into an easy and natural position.

The check-rein may be used, but only tight enough to keep the head in a natural position, and it should never be wound around the hames.

See that the hames are buckled tight enough at the top to bring the draft iron near the center of the collar. If too low, it not only interferes with the action of the shoulder, but gives the collar an uneven bearing.

Caution should be taken that the girth is not buckled too tight, particularly on string teams, for when the traces are straightened, it has a tendency to draw the girth against the belly, and distress the horse.

See that the horse is kept well shod, with a good stiff shoe, always calked at toe, and heel on hind feet, as it is there where all the propelling power comes from when heavily loaded.

Keep the feet good and strong, by not allowing them to be cut away too much by the blacksmith.

The best of judgement should be used in loading, taking into consideration the condition of the street, and the distance to be traveled.

Never over load, for by so doing you only distress, strain, and discourage your horse, and do him more injury than you can possibly gain by carrying the extra load.

When your load is hard to pull, stop often, and give your horse a chance to breathe.

No good driver will ever resort to the cruel practice of whipping or beating his horse. A light whip may be carried, but there is seldom use for it. Much more can be accomplished by kind treatment and good judgment.

Remember the horse is a very intelligent, proud, sensitive, noble animal, the most useful animal known to man, and is deserving of the the greatest kindness.



SOME OLD DUTCH PROVERBS.

We must row with the oars we have, and as we cannot order the wind, we are obliged to sail with the wind that God gives.

Patience and attention will bring us far. If the cat watches long enough at the mouse's nest, the mouse shall not escape.

Perseverance will obtain good cabbage and lettuce, where otherwise nothing but thistles will grow.

The plowman must go up and down, and whatever else must be done, there is no other but this long way to do the work well.

Learn to sleep with one eye open. As soon as the chicken goes to roost it is a good time for the fox.

Fools will always ask what time it is, but the wise know their time.

Grind while the wind is fair, and if you neglect, do not complain of God's providence.

God gives feed to every bird, but He does not bring it to the nest; in like manner He gives us our daily bread, but by means of our daily work.

The dawn of day has gold in its mouth.

He that lags behind in a road where many are driving always will be in a cloud of dust.

Never set your feet in a dirty and crooked path for the love of money. It is a work that will bring bad interest if you wish to suck honey of thistles.

You will need a long spoon if you wish to eat with the Devil out of the same dish.



Selections from Carl Pretzel's Witticisms.

Money vas said to ben efil's root,
Vell, I dond vant to doubt it.
But, shure it vas, der bestest fruit
Couldn'd been got mitout it.

When I eat corn, dot gifes me a husky voice.

Dots besser you dond gif some credit on der shlate to mister abbearances.

I yoost knock him down, so high like a kite.

Der Landlord of der vessel, he say dot there vas a big hole in der bow of der boat, und dat vasser come in. I told him to cut a hole in der shtern and let der vasser go out.

A soft answer vas turn dot wrath away out, but don't been on der "soft" all der while.

Nefer dond get selfish; a selfish peoble vas a most disagreeable one to been mit.

Der world never toed in, or toed out, but yoost vhent ahead all der vwhile.

I would radder make fife cent to told dre trooth, dhen to loose fife tollers in telling a lies.

Der Landlord on a vessel vas shpeak his head out to der sailors to "loosen dhem shtays," I got me right away gwick ashamed fon der vimmens vat hear dhem words.

Efery body goes to Heaven oxcept der Tuyfel.

A bile on der concience vas more besser as notting at all.

As der twig got bent, der tree goes yoost der same like dot.

Der vimmins vas like letters, you got to put shtamps on em.

Ofer some of der gals of to-day vas in der garden of Eve, mit Eden, I baed you der tuyfel couldn'd deceif em.

Yoost trink cider made from leedle ret abbles, und you vas alright.

Got ub mit der foorst pirds, und gif der vorms some troubles.

Lock der cow out so gwick der barn vas shtole away.

A sheeb dot vas not goot lookin, makes troubles mit a goot many.

Ofer ignorance vas pliss, please to told me who ish dot plister.

Ven imbudence vas vit, dot's besser you dond said somethings.

Keeb a shtiff ubber lib down, und you would been a great succeed mit pishness.



St. Patrick.

"Saint Patrick was a gentleman," according to the old song, but he was not as is generally believed, an Irishman. He was born near the mouth of Clyde, in Scotland, in 372. At sixteen years of age, he was captured by a band of out-

laws and carried a prisoner to Ireland. After a captivity of six months he escaped to Scotland. The pirates seemed to have a fancy for the young man, and captured him again; he was equally fortunate in escaping the second time. He was resolved to become a missionary to Ireland, and after a long preparation was ordained priest, and finally consecrated. He entered on his labors in the year 432, when he was at the age of sixty. His preaching was attended with such success that before his death, he converted the whole Island to Christianity! He baptized the kings of Dublin and Munster, and seven sons of the king of Connaught, with the greater part of their subjects. A popular legend ascribes to him the banishment of all the snakes and venomous creatures from the Emerald Isle, by means of his crozier or staff, which was preserved in Dublin with great veneration as late as 1260. What a contrast between St Patrick the prophet of the Crozier, and Mohammed the prophet of the Sword!

You a gentleman! I a gentleman! who then will milk the cow?

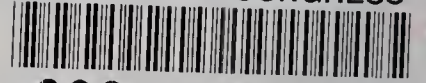
If you are a MAN show yourself.

Don't escape the opportunity of the present moment, it will not return.

One already wet does not fear the rain.

Certain defects are necessary for the existence of individuality. We should not be pleased, if old friends were to lay aside certain peculiarities.

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